
GLAMOUR
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Spring Fashion Ideas
Let the shopping begin!
Hot. Sexy. Hair.
How-tos for your texture and length
We Rate The States
The best (and worst) places for women
Moody Much?
Health fixes to feel better
50 Shades!
We're Going There
Exclusive: Dakota Johnson & Jamie Dornan on the rumors (and the Red Room)
More of these two this way


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—Dakota Johnson



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"When it's dark, some guys like being told what to do."
—Jamie Dornan
All your favorite ladies inside!
Cara Delevingne, Gigi Hadid, Jourdan Dunn
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Tina, Amy, Kristen, and the legendary women of *Saturday Night Live*


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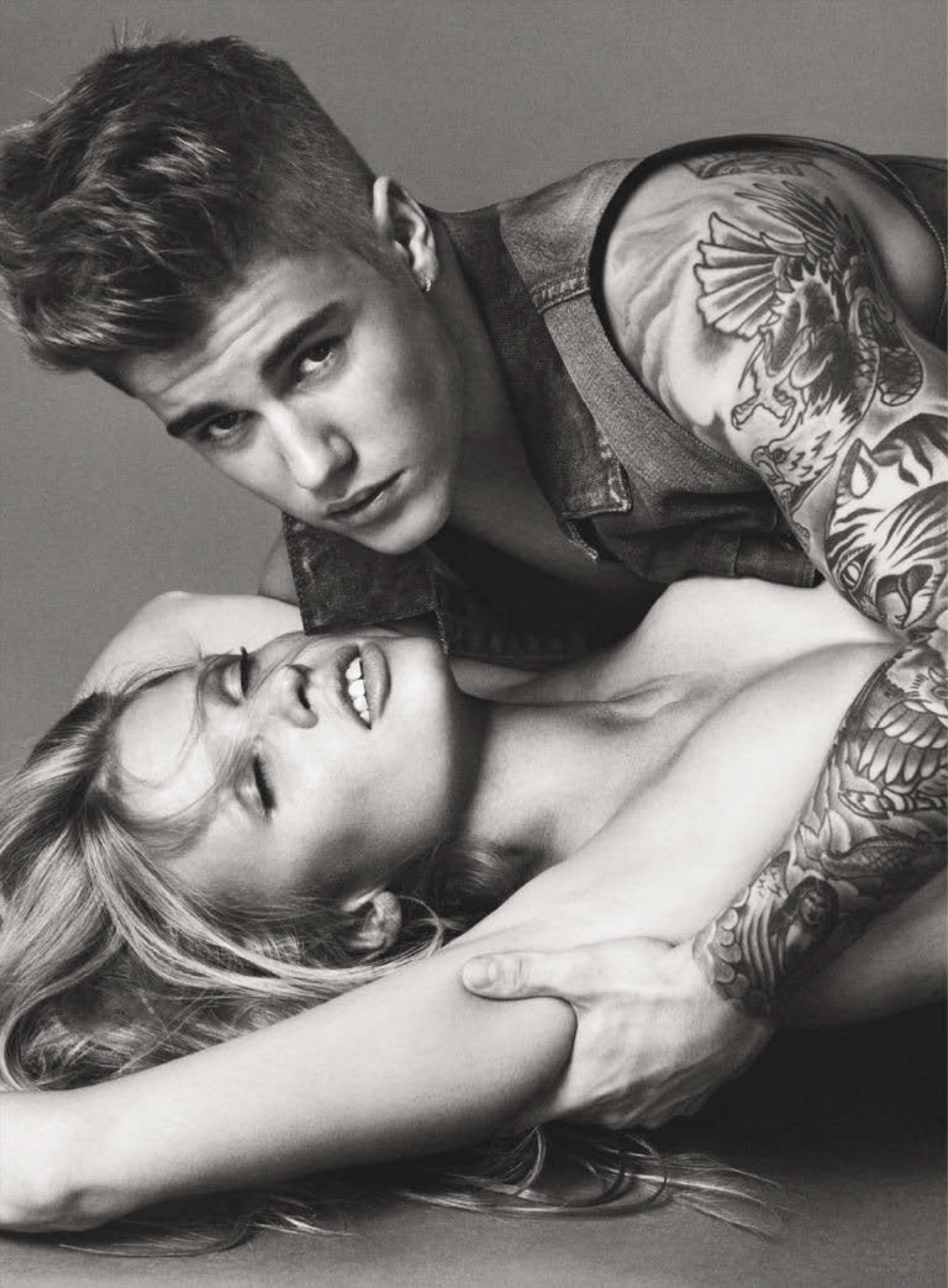


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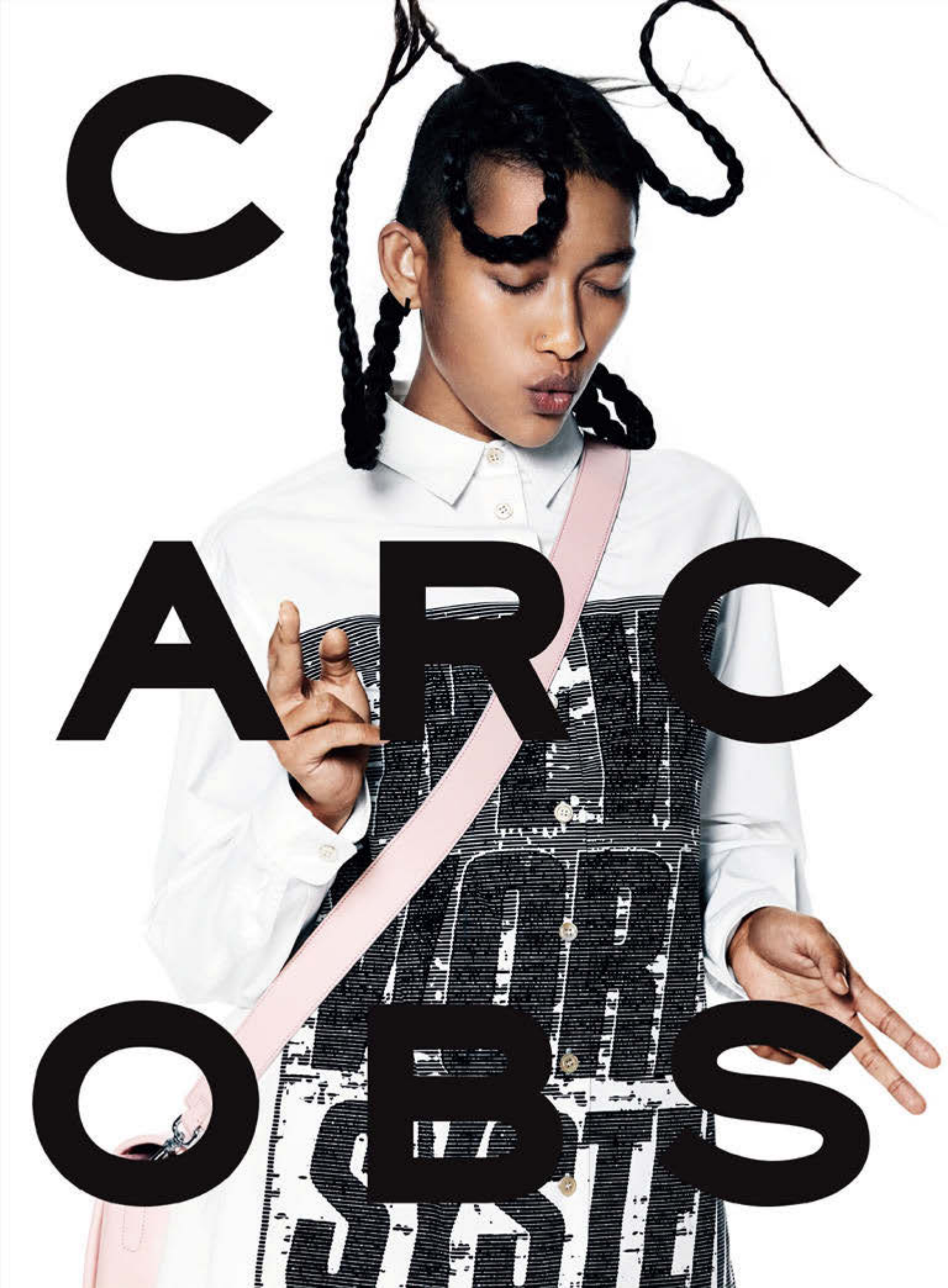
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STEVEN PAN

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Fifty Shades fans, your moment has come. On Johnson: **Donna Karan New York** top, pants. **Saint Laurent by Hedi Slimane** hat. Rings: **Inez and Vinoodh, Melissa Kaye Jewelry, Eva Fehren.**

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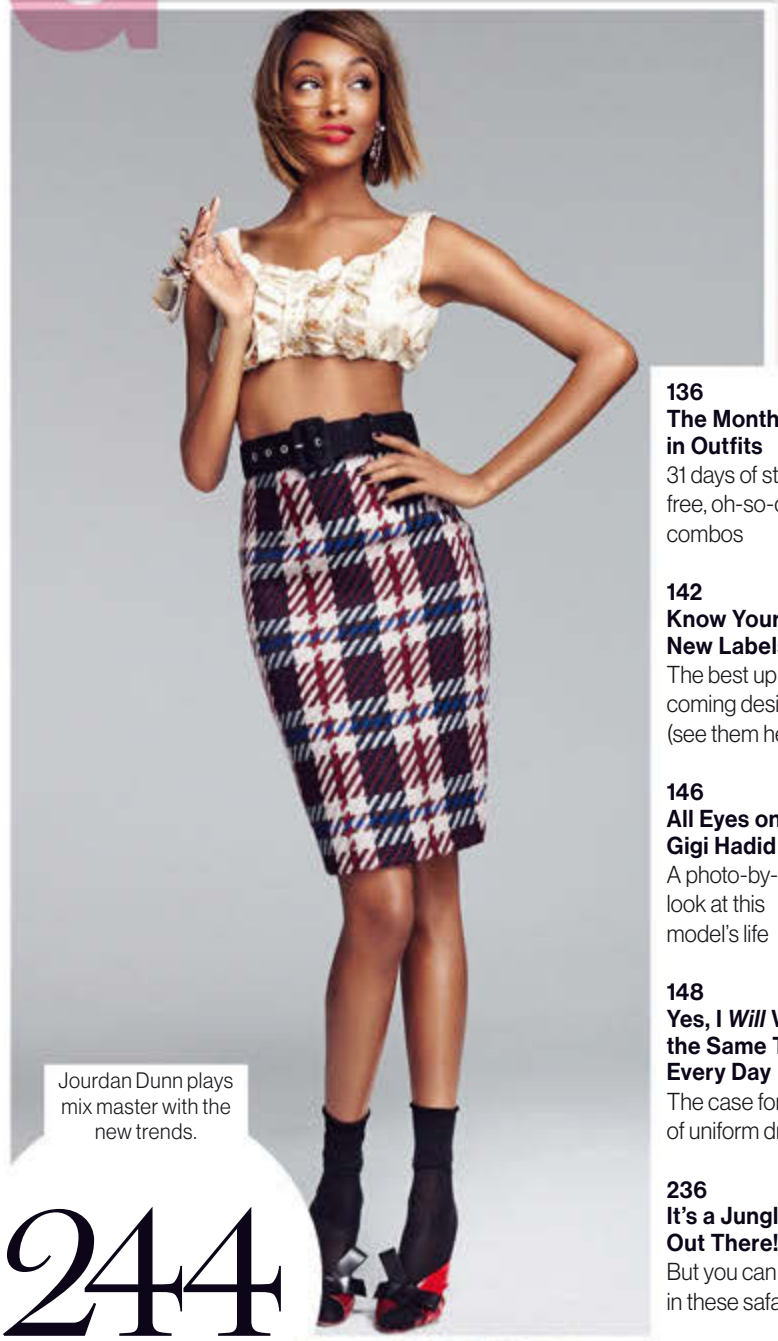
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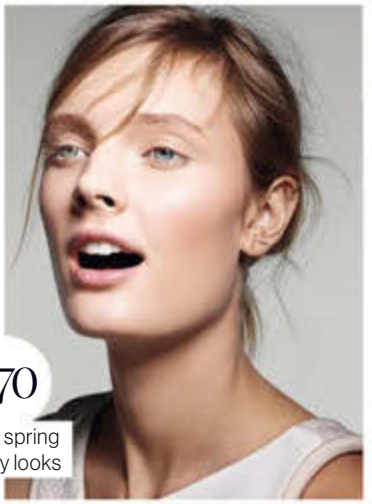

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TOMMY HILFIGER



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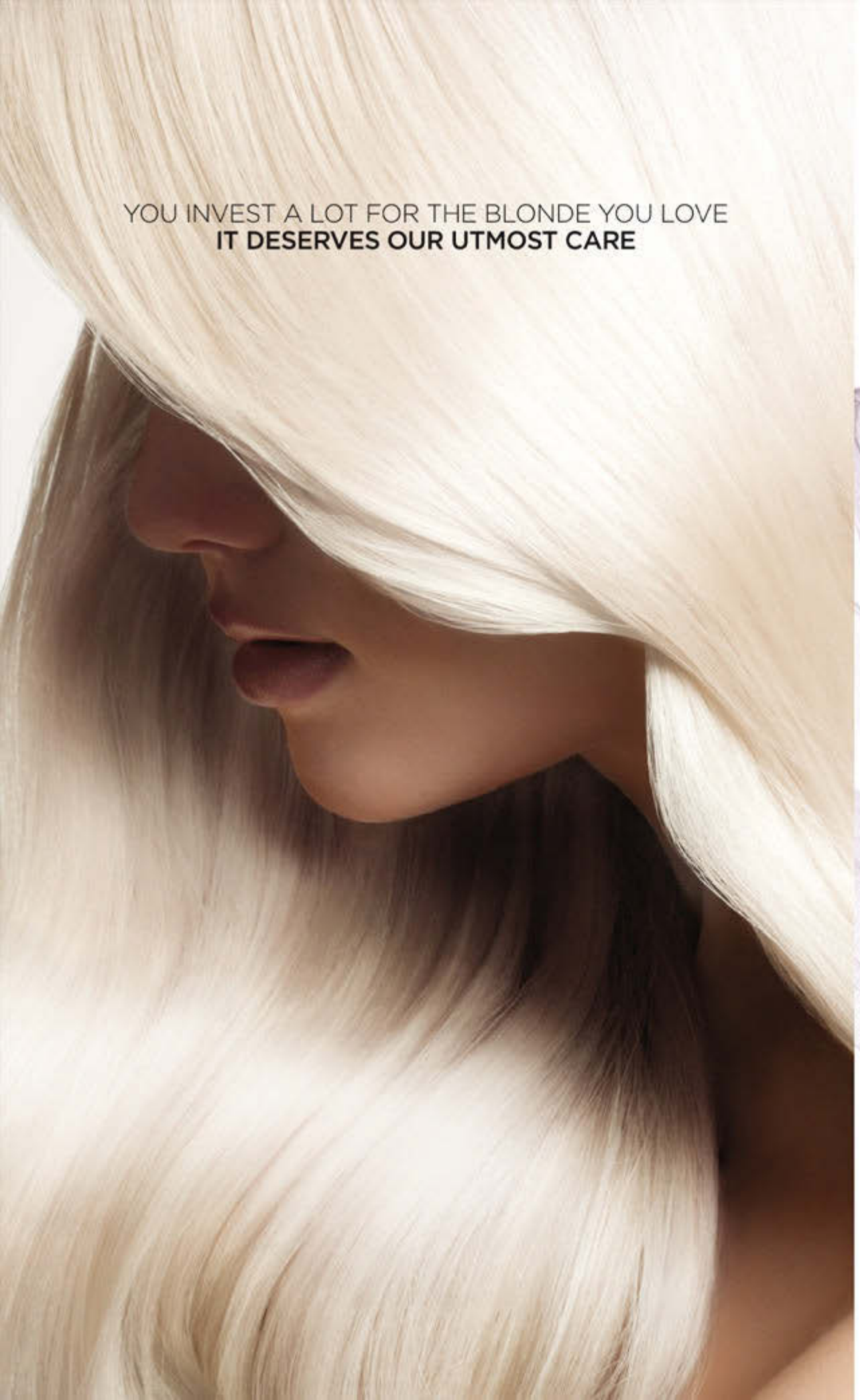
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ON OUR COVER Johnson and Dornan were photographed in Los Angeles by Steven Pan. Fashion editor: Laura Ferrara; hair: Mark Townsend for Starworks Artists; makeup: Pati Dubroff, grooming: Kim Verbeck, both for The Wall Group; manicure: Deborah Lippmann for The Magnet Agency; production: Brachfeld. **Cover 1:** Michael Kors dress. Ring at top: Spinelli Kilcollin. Other rings: Inez and Vinoodh. On Dornan: T by Alexander Wang T-shirt. **Cover 2:** Donna Karan New York dress. Eva Fehren ring. **Cover 3:** Altuzarra top, skirt. On left hand, ring at top: Spinelli Kilcollin. All other rings: Inez and Vinoodh. On Dornan: Levi's Made & Crafted jeans. Will Leather Goods belt. For Johnson's sexy look, try Urban Decay Naked Skin Ultra Definition Powder Foundation in Fair Cool ($36), 24/7 Velvet Glide-On Eye Pencil in Lush ($20), and Sheer Revolution Lipstick in Sheer Liar ($22, all at urbandecay.com); and Herbal Essences Wild Naturals Illuminating Dry Oil Spray ($6, at drugstores). See Glamour Shopper for more information.

Steal Dakota's Sultry Cover Look

You find the man; we'll take care of the rest. Here's how to be all shades of gorgeous:



Nasty Gal dress ($68, nastygal.com)



R.J. Graziano earrings ($35, rjgraziano.com)



Urban Decay Moondust Eyeshadow in Scorpio ($20, Sephora)

FROM TOP: **SEBASTIAN KIM.** ALESSANDRO ZENO/IMAXTREE.COM. STILLS: **CATHY CRAWFORD;** STYLIST: SALLY PENN AND RENATE LINDLAR


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Me, in *Glamour*'s new home, at One World Trade Center

50 Shades of the March Issue

It's spring. You're busy. So here's the whole magazine in fast-forward:

1. *Fifty Shades* mania is on! The movie opens February 13.
2. It's directed by a woman (phew, right?).
3. And she doesn't hold back. (Neither do her two stars; see cover story, page 230.)
4. About those stars, Dakota and Jamie? Funny, feisty, and about to be famous.
5. Trivia: Dakota's mom once embarrassed her in front of the President (page 285).
6. And Jamie's dad was an ob-gyn. Now you know.
7. Can we discuss Jamie's biceps? (See cover.) Not bad.
8. Moving on: Despite *Fifty Shades,* you will eventually need to get dressed. Start on page 101, and remember:
9. Flats *and* platforms are in.
10. Also, crisp white shirts.
11. You'll need '70s-style higher-waisted jeans (page 110)...
12. ...a bolder bag (page 264)...
13. ...and mega patterns!
14. Still craving ideas? Try black with blue (page 78)...
15. ...or a crop top (why not? page 136)...
16. ...or a tee with your dressiest dress (page 249)...
17. ...and wear with confidence.
18. As for your hair, waves are everywhere (page 158).
19. They're cute up or down...
20. ...and best when imperfect.
21. Of course, the most beautiful thing is happiness. Find excellent mood fixes, page 186.
22. Plus, Zosia Mamet's love life advice, page 198, is *everything.*
23. (PS: Zosia uses *Lion King* references. Respect.)
24. More respect to *Glamour*'s Simone Kitchens. Read her piece on identity (page 200).
25. Back to happiness: It's big in Georgia! (Our state-by-state survey begins on page 274.)
26. And Oregon is very fit.
27. Hmm. Should I move to Massachusetts to get richer?
28. Or to Hawaii to destress?
29. Nah, our new offices in NYC *are* pretty nice (see above and page 126).
30. So I'll stay put for now. (Tweet me from Hawaii!)
31. Now, calendars out, girls: The *SNL* anniversary special is February 15 (prep on page 258).
32. The Oscars happen on February 22 (page 225)...
33. ...International Women's Day is March 8 (page 70)...
34. ...and St. Patrick's Day is March 17—a good excuse to buy self a bright green Prada dress? (page 247)
35. To afford that dress? See the money lessons (page 210).
36. More advice: Cook with anchovies (page 214)...
37. ...and decorate with color (page 220).
38. In celebs-are-human news, Cara Delevingne once wanted to shave her brows (page 156)...
39. ...Kristen Wiig was "terrified" at her *SNL* audition (page 258)...
40. ...and chef April Bloomfield was rejected from the police academy (page 214).
41. Our staff learned lots from this issue too, like: "a man can be part Neanderthal" (page 202)...
42. And "I want to be Maya Rudolph's BFF" (page 258)...
43. And "that until Ava DuVernay made *Selma,* there was *no* major film about Martin Luther King Jr.!" (page 225)
44. And "hello, Jamie Dornan's biceps." Did we say that already?
45. Can we make #jamiesbiceps a thing?
46. #surewecan
47. Bored at work? Go to glamour.com/video for exclusive films starring the *SNL* women...
48. ...and Dakota and Jamie answering *your* questions.
49. Finally, happy spring, ladies!
50. May it be glamorous and gutsy for all of you.

Cindi Leive, editor-in-chief
@cindi_leive

Global *Fifty* Fever

They're not just on *our* cover; these two smokeshows are fronting a dozen *Glamour*s worldwide. A peek at U.K., Spain, and Bulgaria, below:





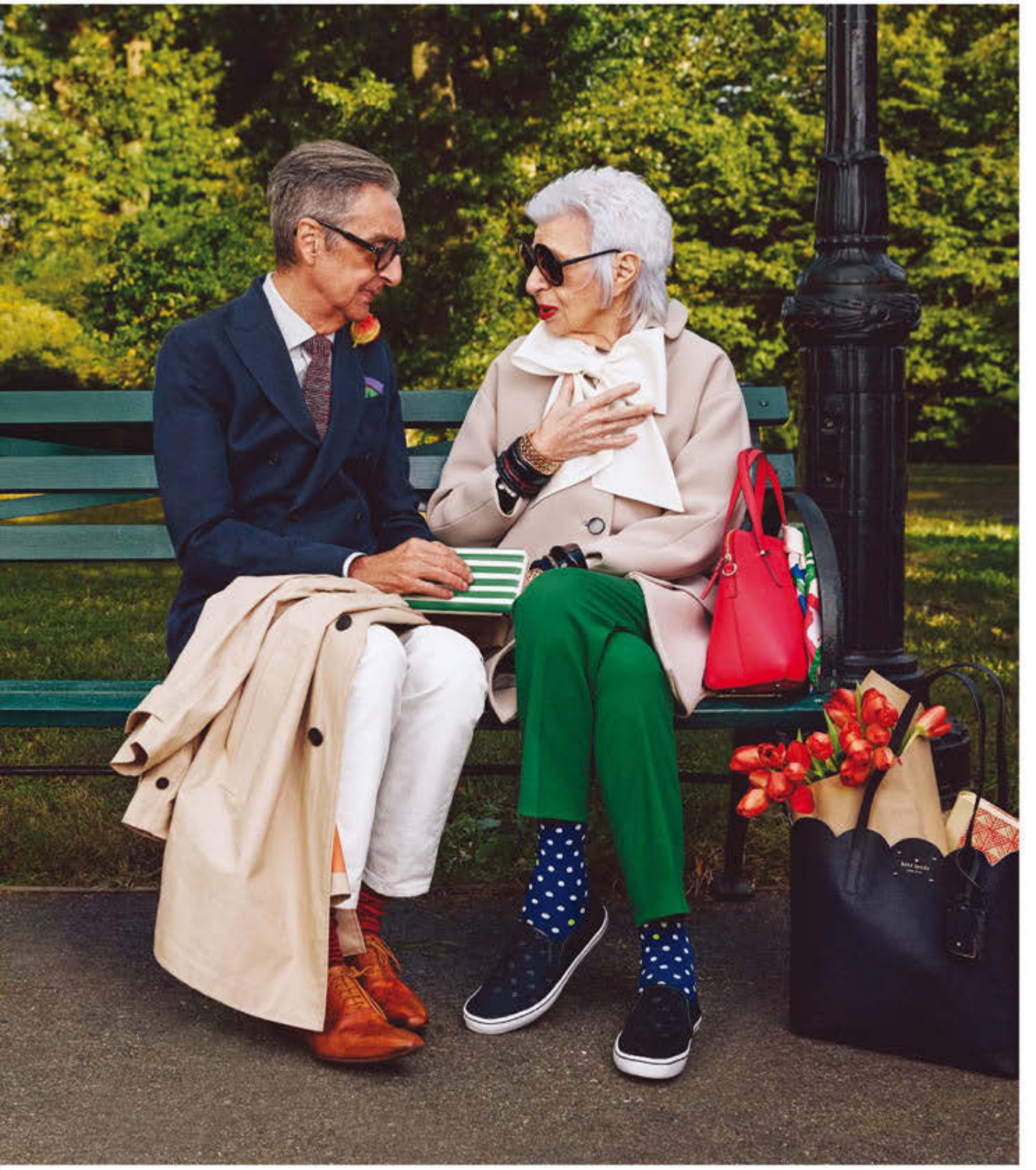
Giveback Shopping this month? Here's a great reason to clean out your closet: More than a billion people live in extreme poverty, and many do not own a single pair of decent shoes (even though in some places, children are not permitted to attend school without them). Thankfully, Soles4Souls supplies shoes worldwide (clothes too!)—including in the U.S., to children like New Jersey elementary-schooler Kiara Castera, left—and provides women in developing countries with garments to sell. "Shoes will feed their family and provide an education for their children," says Nicole Atnip of Soles4Souls. Go to soles4souls.org—you can give your shoes or donate money; just a dollar will purchase a pair. A child will thank you!

LEIVE: **BRIAN MARCUS.** GIVEBACK: BRIAN GRANFORS FOR SOLES4SOULS. ON LEIVE: CARVEN DRESS; IPPOLITA EARRINGS. SEE GLAMOUR SHOPPER FOR MORE INFORMATION ON THE GLAMOUR COVERS



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FESTIVE AND FASHIONABLE

kate spade new york joined us to host a chic shopping event in Dallas on December 11 to help shoppers check every person off their holiday list. Customers enjoyed sips and sweets between poses in the on-site photo booth. Additionally, a Style Ambassador helped shoppers find their perfect holiday look to rock their way into the new year.



DAMAGE REPAIR

In search of the perfect **custom skin repair** product? Look no more. Clinique Smart Custom-Repair Serum addresses uneven skin tone, lines, wrinkles and firming—for damage you see and damage you don't. **Patent Technology.** It's the serum smart enough to understand your skin's past and change its future. Simply amazing.

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NEW YEAR, NEW FASHION

On December 10, Athleta teamed up with us to put on a fabulous, fashionably fit event at the Athleta Newbury Street store in Boston. Shoppers enjoyed cocktails and lite bites while mingling with blogger McKenna Bleu, who helped style consumers with the latest Athleta collection.



PRESS PLAY FOR LOVE

In honor of Valentine's Day with all its hugs and kisses, one of our favorite DJ's, New York based DJ Huggy Bear has created a LOVERS mix just for you.

Visit **soundcloud.com/dj-huggy-bear** to stream the perfect mix of love, lust and crush.



*When used to help conceal. Individual results may vary. For treatment of symptoms associated with cold sores. Product does not treat viral infections. For external use only. Use as directed.

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You're Wild About Reese

...and about the hair help, body advice, and real-life love stories in the January issue of *Glamour*. Specifically:

I just read Reese Witherspoon's interview with Cheryl Strayed and can't stop smiling. It felt like sitting in on a conversation between two old friends—both women display strength, bravery, and wisdom in such a genuinely charming way. Thank you for continuously presenting your readers with talented and bright women as your cover stars. —*Sarah Yushuvayev, New York City*

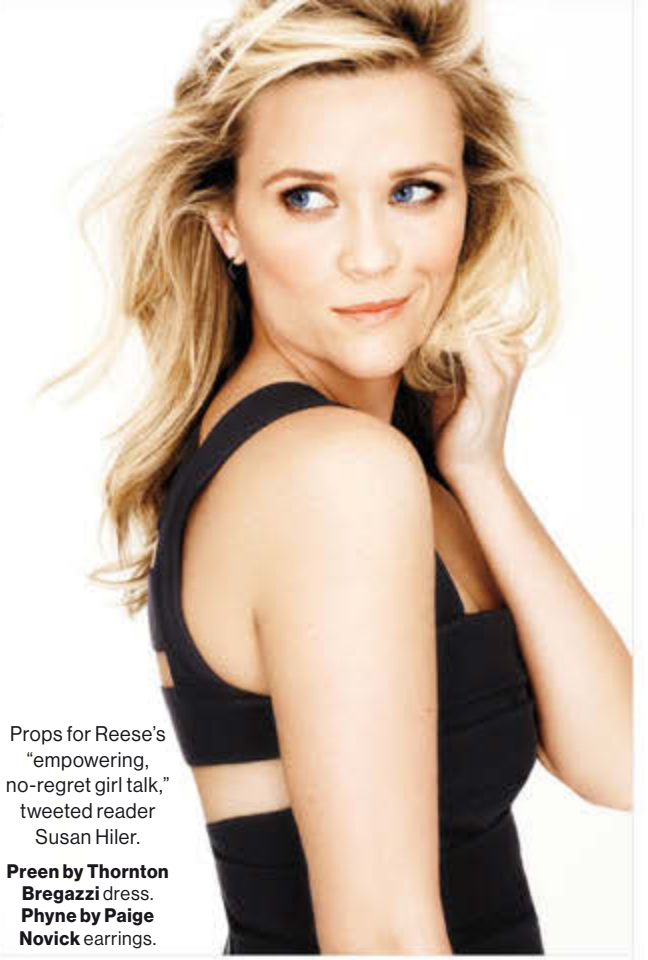
I am reading *Wild* and cannot imagine a better actress for the film than Reese Witherspoon. I connected so deeply with some of the things she said about happiness in life and relationships. I love her work, and this article reaffirmed my feelings. —*Shane Stephens, Greenville, N.C.*

Reese looks absolutely darling on the January cover of @glamour mag! What a fab way to kick off the new year. —*@nikkistyle, via Twitter*

Let's Hear It for Hair Ideas

I always enjoy "The Month in Hairstyles" but thought that January's, with guest editor Cipriana Quann, was the best so far. She chose many natural styles that work with curly, wavy, or straight hair, and highlighted artists and singers I didn't know (but do now!). Phenomenal job. —*Ashanti Jackson, Yelm, Wash.*

Thank you for featuring so many wonderful ways that brown women—like me!—can wear our natural hair. What an inspiration. —*Cecile Boynton, Winston-Salem, N.C.*



Props for Reese's "empowering, no-regret girl talk," tweeted reader Susan Hiler.

Preen by Thornton Bregazzi dress. **Phyne by Paige Novick** earrings.

Seth Rogen Speaks Out About Alzheimer's

Tears. And bravo to Mr. Rogen and his beautiful wife and family for "My Family Love Story, by Seth Rogen." I lost my own mother to dementia-related issues; the Rogen family pulled back the glittering curtain of Hollywood and courageously showed us that all is not gold. I love Seth's work; this made me love him as a human being. —*Cindy Ming, Nyack, N.Y.*

I work in the dementia unit of a retirement community, and it's sad to see families stop visiting loved ones because Mom or Dad is not the same mom or dad they grew up with. I was so inspired by Seth Rogen's motivation to break the stigma surrounding Alzheimer's; when monumental figures like him speak up, we all feel secure enough to discuss the illness. —*Lucie Loftus, Harrisburg, Penn.*

And Elsewhere in the Issue...

"The Body Project" [by Shaun Dreisbach] was some serious tough love that really spoke to me. Equating my alcohol intake with multiple Snickers bars? Yikes! I liked the no-nonsense advice and have already made some simple changes to improve my body and health. —*Suzanne Atcheson, Lubbock, Tex.*

The January issue was my favorite to date. I was enthralled with the "New Year, New Look" recommendations for 2015 and soaked up the tips on becoming happier, inside and out. As rough as 2014 was, I'm feeling more hopeful than ever. —*J. Elle Wade, Alexandria, Va.*

Missed any of the stories in our January issue? Download the digital edition from your device's app store.

Where Has Your *Glamour* Been?



"On a life-changing trip to Thailand, which I dedicated to the victims of the 2004 tsunami."

—Cassie Cooper, 30, Scottsdale, Ariz.

Gone someplace special with your Glamour*? Send or tweet us a photo! See details below.*

GOT AN OPINION? Sure you do—and we want to hear it. Email us at letters@glamour.com; tweet to @glamourmag; comment on glamour.com or facebook.com/glamour; or write us at *Glamour,* One World Trade Center, New York, NY 10007. Submissions and comments become the property of the magazine and won't be returned; they may be edited and can be published or otherwise used in any medium.

WITHERSPOON: **MATT IRWIN**. WHYGB: BRYAN AXMEAR. SEE GLAMOUR SHOPPER FOR MORE INFORMATION

head & shoulders
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It's Spring! What Are You Looking Forward to Most?

We asked our contributors—and they are *stoked*.



"For me, spring is probably the best season. Longer days, beautiful spring light. And I get to take my motorcycle out of hibernation and go for a ride upstate."

—photographer Steven Pan, above, who shot Jamie Dornan and Dakota Johnson of Fifty Shades of Grey *for the cover*



"I live for that first sunny, breezy day when you can go out without your coat. Plus, *Veep* comes back!"

—Megan Angelo, left, Glamour*'s TV columnist, who interviewed the women of* Saturday Night Live *on page 258*



"No longer being restricted by layers and materials to keep warm. Everything's a bit lighter—it's a fresh start in every sense."

—model Jourdan Dunn, above, who shows off spring fashion on page 244

"Long floral dresses of some form. I love finding vintage ones in thrift stores in Oklahoma, where I'm from."

—Simone Kitchens, Glamour*'s deputy beauty editor, whose essay "What Are You?" appears on page 200*





"Weddings where you get to pretend to have a yacht-club membership and really just do it up."

*—*GQ *and Politico contributor Reid Cherlin, who shares financial advice from Nicole Lapin in "Don't Make My Money Mistakes," page 210*

ANGELO: ALISON CONKLIN. DUNN: DAVID M. BENETT/GETTY IMAGES FOR BURBERRY. KITCHENS: NICOLE BENUSKA FOR WAITING FOR SATURDAY. CHERLIN: NATHAN RITTER. PAN: COURTESY OF SUBJECT


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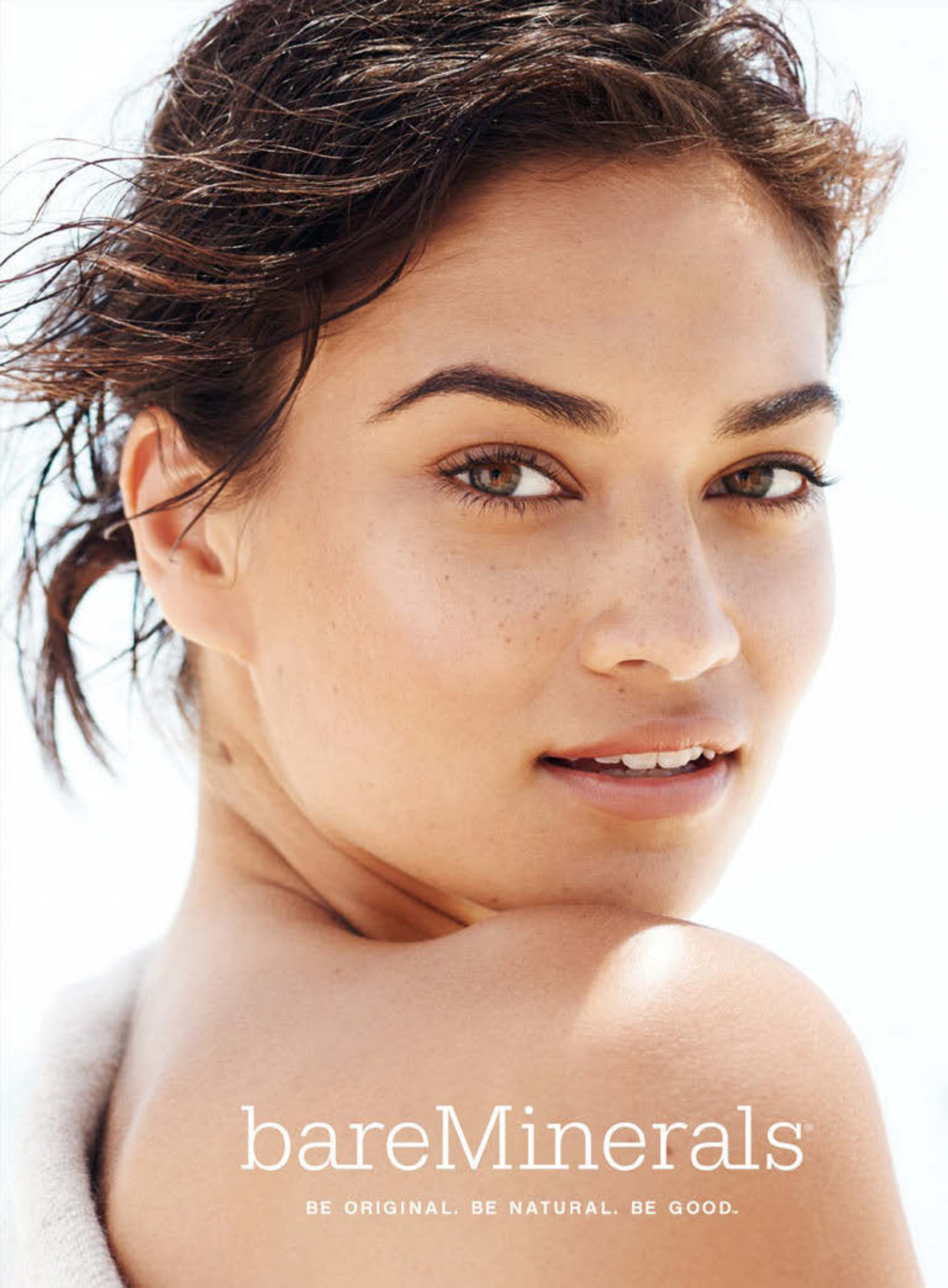
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Share These for the Ladies

In honor of International Women's Day on March 8, repost these goodies, spotted on the timelines of girls all over. Curated by Alexandra Schwartz



Modified from @mimiminh_nguyen's Instagram



Art titled *Fundamental* by sophiedoodle on Society6; pinned by Nell Streitz



Modified from a pin by Dagney Weston



Ada Lovelace (pictured) is widely recognized as having written the first computer program, published in 1843! Modified from a pin by Luci Grand.

Like What You See? Share this month's picks by visiting *Glamour*'s Facebook, Instagram, Pinterest, Tumblr, and Twitter pages. And send a link to anything else you're loving to **omg@glamour.com.** It could end up here!

JACKET: RAFA ELIAS/GETTY IMAGES. LOVELACE: SSPL/GETTY IMAGES. FLOWERS: NEAL GRUNDY/GETTY IMAGES



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Think your day would be better with fresh fashion and beauty news round the clock? We can help with that.



Fashion Trends That Work in Real Life

Visit us every day for new outfit ideas perfect for 9 to 5 *and* 5 to 9 this season. And if you're bored with your last-days-of-winter wardrobe, we've got tips for making spring trends work when it's still cold outside, all at glamour.com/fashion.





Style Tricks Worth Stealing From the Red Carpet

While you wait for the main event on February 22, swoon over Academy Awards gowns from years past and find hair and makeup tips *you* can use at glamour.com/oscars. Then live-tweet the ceremony with us @glamourmag.



Around the Beauty World in a Snap

Glowing skin! The perfect pink lipstick! Beauty stars from across the globe dish on everything from favorite drugstore buys to chic ways to shake up a classic ponytail. Steal their secrets at lipstick.com.

What to Buy This Season

Shop like a *Glamour* fashion editor with our guides for wardrobe must-haves at glamour.com/fashion.

RUNWAY: GIOVANNI GIANNONI/WWD. NYONG'O: CHRISTOPHER POLK/NBC VIA GETTY IMAGES. PINK LIPS AND HEELS: **MARK LEIBOWITZ**


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SO MANY SHADES.

SO LITTLE TIME.

Sometimes when you've got something pretty exciting to share, you have to take precautions. We trust you've reviewed the Grey Enterprises NDA and are ready to show your stuff.

If we can be a little bossy for a sec: Visit Instagram and upload your OPI mani to @glamourpromo with #opi50shades. You will be entered for the chance to win a fantasy weekend in a city inspired by the movie.

O·P·I

NO PURCHASE NECESSARY. For full rules and how to enter, go to promotions.glamour.com/opi50shades. Promotion starts 2/10/15 at 12:01 A.M. ET and ends 3/16/15 at 11:59 P.M. ET. Open to legal residents of the 50 United States and District of Columbia who own an iPhone® or Android smartphone as of 2/9/15 and who are at least 18 years of age, except employees of Sponsor, their immediate families and those living in the same household. Void outside the 50 United States/D.C. and where prohibited. One (1) winner: Prize A.R.V. $2,300. Odds of winning depend on the number of eligible entries received. Sponsor: Condé Nast. Your carrier's standard data rates may apply. Other rates may apply. Available on participating carriers in the U.S. only. Fifty Shades of Grey Movie © 2015 Universal Studios. All rights reserved.



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Edited by Ashley Edwards Walker

You Voted: Kendall Jenner's a Do



Get used to this face; you'll be seeing it *everywhere.*

Forget keeping up with the Kardashians; try keeping up with little sister Kendall—who, it turns out, is *your* favorite new model, ahead of everyone from Gigi Hadid to Binx Walton in a recent *Glamour* poll. "People assume she's riding on her name, but she actually has talent," wrote one woman; others cited her "chameleon ability," "passionate and uncompromising attitude," "stunning features," and, of course, "her eyebrows." She may have gotten her start on reality TV, but now she's landed a contract to represent Estée Lauder, and 67 percent of you think she's finally officially doing her own thing. Charting your own career path: That's always a Do.

JENNER: ALESSANDRO ZENO/IMAXTREE.COM. SURVEY DATA COLLECTED FROM 107 WOMEN AGES 18–44, JANUARY 13, 2015, USING SURVEYMONKEY AUDIENCE



Do

Once a Don't, Now a Do: Navy With Black

"Don't wear this with that" rules are disappearing faster than your average Snapchat post, and we're into it. Full disclosure: *Glamour* Don't-ed wearing black with dark blue back in 2010, saying that brighter blue was the way to go. Rethink! Putting deepest, inky blue with black looks great now—in fact, radically inventive Japanese designers Yohji Yamamoto, Rei Kawakubo (of Comme des Garçons), and Issey Miyake have been championing it since the 1980s. The mix has also been a perennial French-girl favorite, popping up every few seasons at brands like Chanel and Agnès B. But now it's everywhere, on fashion insiders and celebs, looking quirkily sophisticated and starting conversations ("Is that a... *navy* skirt with your black sweater?"). Our street-style inspiration, above, makes this Do sexy with her leather skirt and normcore-chic top. Put your version together *rightthisveryminute* from your closet, or snap it up preassembled with, say, an oh-so-cool navy and black tuxedo jacket or a two-tone shoe. —*Kimberly Bonnell*

73% of women polled say they'd wear navy with black. Right on!

Oh, and while we're on the topic of old **Don'ts** that are now **Dos**, let's give a shout-out to *these* too:

1. High-waisted jeans
2. Butter!
3. Making more money than he does
4. The intentionally visible bra
5. Tattoos
6. Generally disobeying the Fashion Police



Angie, showing off #5 and #6 (and #3, for all we know)

NAVY WITH BLACK: TOMMY TON/TRUNK ARCHIVE. JOLIE: JASON MERRITT/GETTY IMAGES. SURVEY DATA COLLECTED FROM 105 WOMEN AGES 18–44, JANUARY 5, 2015, USING SURVEYMONKEY AUDIENCE


EXPRESS
KATE UPTON SPRING 2015


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BY STEFANO TONCHI

An in-depth look at W's most arresting fashion features.

With a foreword by Miuccia Prada
Plus an exclusive online access code for five fashion films
by Steven Klein, Tim Walker, Steven Meisel, and more

AVAILABLE WHEREVER BOOKS ARE SOLD

ABRAMS
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Anatomy of a Do

Part bohemian rock star, part off-duty model, Miranda Kerr elevates your favorite fringe jacket into something *elegant*. Now you try.



Some Western swing: The sleek cut of the jacket balances all that fringe. Just know this trend can be tricky in color; keep it neutral. **525 America** jacket ($658, 525america.com).





Those John Lennon–esque circle shades: Here's where the musician vibe—rather than, say, a country feel—comes in. **Wildfox** sunglasses ($199, wildfox.com).



A touch of gold: Now things are starting to get interesting. Textured metallics add dimension (and some bling) to this otherwise muted palette. **AMI Clubwear** clutch ($50, amiclubwear.com).



And some "Hello, sexy!" shoes: They finish off the look with polish. And yes, black with the brown is a go. Makes the look chic. **Nine West** sandals ($89, ninewest.com).

GLAM TIP

Kerr's head-to-toe white is perfect here, but any neutral, same-hued separates—even a jumpsuit—would work too.

KERR: KCS PRESSE/SPLASH NEWS. JACKET: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES. SHOE: **JOSEPHINE SCHIELE**

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LIVE IN WHAT YOU LOVE
#LOVELOFT



Olivia Palermo's little wisps make the look.

Do

In Praise of Strays

See those tendrils emerging from celeb updos everywhere? Frankly, they're a welcome break from years of severe, nothing-out-of-place hairstyles. "This is about being effortless and easy," says Domingo Quintero of Serge Normant at John Frieda Salon, who did Katie Holmes' look at right. Real-life how-to: Use a little dry oil to make your waves piecey; then tie back loosely, with a few bits hanging free. Pretty!





The effortless these-pieces-just-fell-this-way thing? Nailed it.

Labeling Someone?

That's a Don't, says actress Mae Whitman, star of the new film *The DUFF*. Let her explain.



Every day someone in Hollywood tells me how they see me. "Quirky" and "the best-friend type" are two things I hear—usually as I'm losing a lead role.

In some ways I've spent my career being told I'm the DUFF: That's Designated Ugly Fat Friend, for the blissfully unaware. In high school I was unpopular and never in the prettiest girls' clique. (I don't know why—I'm so cool!) The point is, everybody gets judged. Labels like DUFF? They are someone else's attempt to put you in a box. They don't mean anything, and they don't stick. That's why we have to keep inventing new ones. The only person who can define you is you. —*as told to Amanda Dobbins*

You rate the labels:

DUFF?
95% of women agree—this term is an obvious Don't.

Basic bitch?
76% say this trendy insult is also a Don't.

THOT? (that ho over there)
90% say this should be banned for good. Agree!

PALERMO: FRENCHY STYLE/BLAUBLUT EDITION/TRUNK ARCHIVE. HOLMES: BILLY FARRELL/BFANYC.COM. ERM ANDRIABINKINA: ADAM KATZ SINDING/BLAUBLUT EDITION/TRUNK ARCHIVE. WHITMAN: JONATHAN LEIBSON/GETTY IMAGES FOR VARIETY. SURVEY DATA COLLECTED FROM 105 WOMEN AGES 18–44, JANUARY 5, 2015, USING SURVEYMONKEY AUDIENCE

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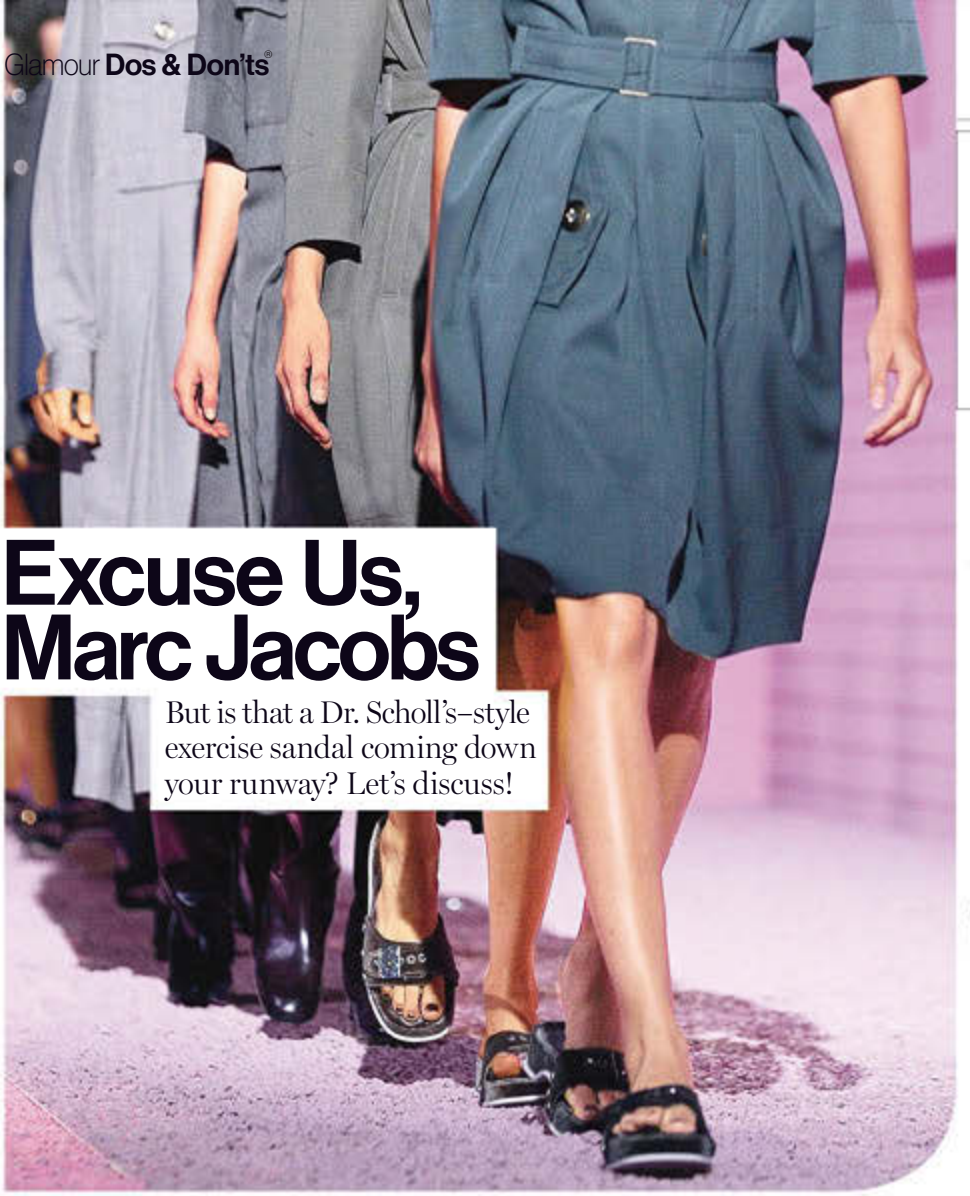
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Excuse Us, Marc Jacobs

But is that a Dr. Scholl's–style exercise sandal coming down your runway? Let's discuss!

Quick recap: The spring Marc Jacobs show featured a seventies-style sandal that became an instant Pinterest obsession. Here, three women who know the trend all too well try to convince you it's a Do:

DO "I saw the Marc Jacobs shoe in an ad. I want a pair! I've *always* thought the design of that shoe, whether it was Scholl or Prada or Marc Jacobs, makes your legs look nice." —Pamela Scholl, great-niece of Dr. William Scholl, founder of, yes, Dr. Scholl's

DO "Functional shoes are a fashion Do. Sarah Jessica Parker wore them on *Sex and the City*. They helped to tell the story that she was in a casual mood and looking for comfort." —Patricia Field, costume designer who worked on *Sex and the City*

DO "I'm for any kind of comfortable shoes in women's fashion. Go, Marc Jacobs!" —actress Sissy Spacek, who helped popularize the sandals

—reporting by Emily L. Foley

Like the Look? Do Shop Here:



1

Edgy Florals: Ash ($215, similar style at Nordstrom, 800-933-3365)



2

Textured Metallics: Sam Edelman ($100, samedelman.com)



3

Something Strappy: Teva ($75, teva.com)

MARC JACOBS RUNWAY: A. ARIANI/SPLASH NEWS/CORBIS. TRANSITIONAL WEATHER: ADAM KATZ SINDING/BLAUBLUT EDITION/TRUNK ARCHIVE



The *Glamour* List

8 *Transitional-Weather Fashion Fails We'll Never Try Again*

By Alexandra Fiber and Danielle Gibson

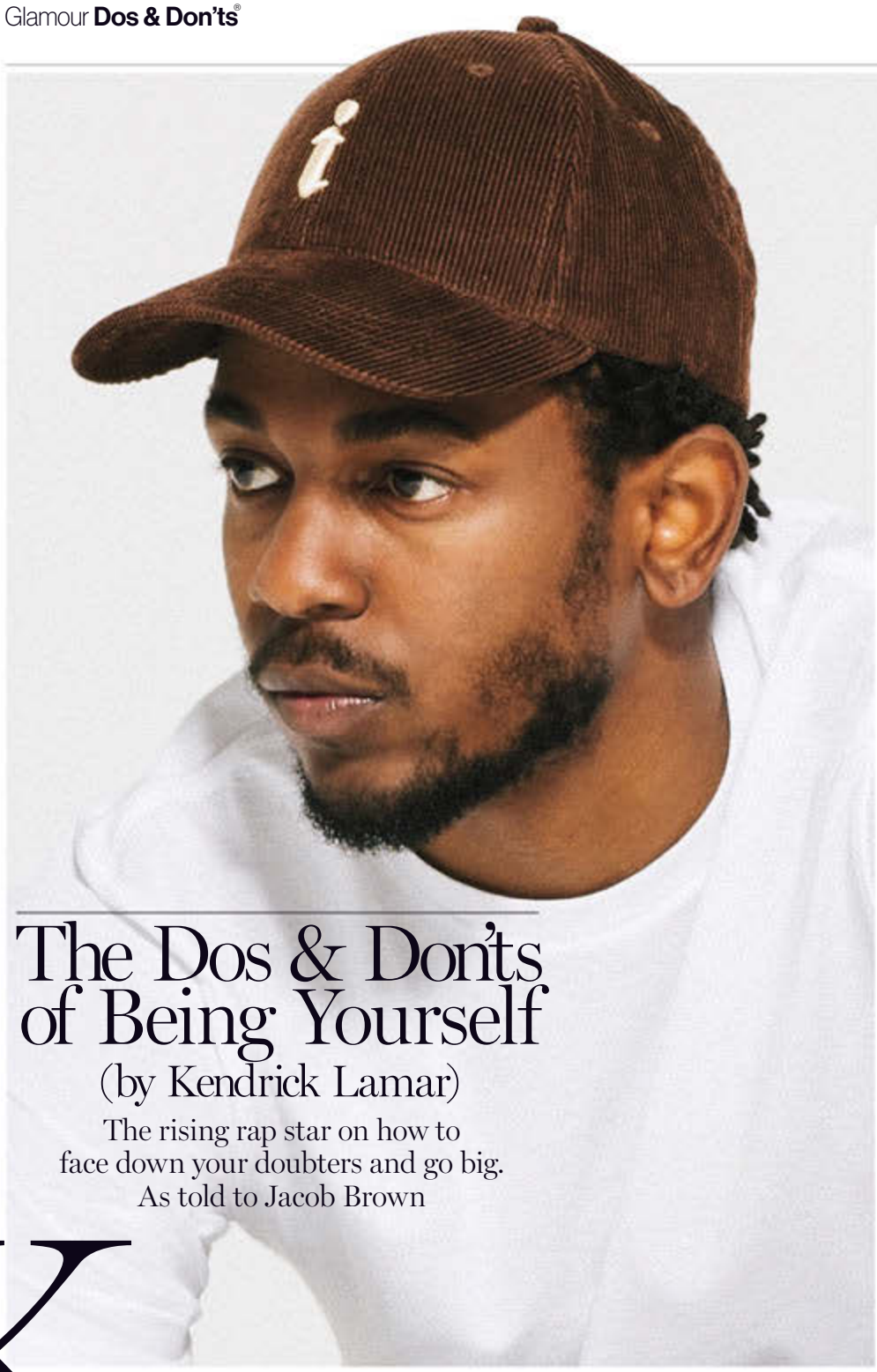
1. A $100 umbrella. Unless it comes with a LoJack. Then maybe.
2. Going without tights before March. That s--t's cray.
3. "This denim jacket will be warm enough." No, cowgirl, it won't.
4. Suede boots. So cute...until they meet the Slush Puddle of Doom.
5. Snoods. Fun to say, but, like, what are they again?
6. A jaunty spring beret. (FMO: For mimes only.)
7. Expensive pastel gloves. You buy some, you stain some.
8. Short-sleeve turtlenecks: an oxymoron.



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NINEWEST.COM



The Dos & Don'ts of Being Yourself (by Kendrick Lamar)

The rising rap star on how to face down your doubters and go big. As told to Jacob Brown

Kendrick Lamar scrambled his way out of Compton, California, and onto the music scene at the age of 16 with a series of mixtapes that eventually led to his 2012 major-label debut album, *good kid, m.A.A.d city* (and nine Grammy nominations, including two 2015 nods for his recent single "i"). The 27-year-old has since become one of the most prominent voices in hip-hop and, increasingly, its conscience and poet laureate—an important role in the era of #blacklivesmatter. In the lead-up to his much-anticipated second album, expected to drop this year, he talks to *Glamour* about how to avoid bad energy and stay grounded.

Do believe in your potential

"Anybody who has ever known or is in the street today—they don't want to be a part of that lifestyle. Some entertainers glorify it…but when you're six years old and someone's selling drugs outside your house, it's different; you know you shouldn't be like them even if you *want* to be like them. The thing that made me unique from my homeboys growing up in the 'hood is that I was a dreamer. I was influenced by people who had good hearts and said, 'You have a little more potential than to do what we did.'"

Don't forget where home is

"When I started out, I was really trying to impress the homies, because if your own neighborhood don't back you, how do you think New York is going to back you? How do you think overseas is going to back you? Their approval helped me out at the end of the day."

Do avoid the drama

"When I'm recording, I've got to have the energy around. I've got to see people enjoying themselves and enjoying life. The energy is *everything*. You don't want a negative person to walk into the room and feed their energy onto you."

Don't chase other people's expectations

"One time, when I was shopping my demo to labels, they kept telling me to follow this or that trend on the radio. My mentor Top Dawg, who signed me when I was 16, and Punch [president of Top Dawg Entertainment] said, 'Maybe it's time to stop following what the labels want you to do, because obviously it's not working; we're not signed yet.' That moment kind of defined what music I wanted to make. To me, music is really about people—who they are, not what we see on the exterior."

CHRISTIAN SAN JOSE



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Oh, the Red-Carpet Rainbow

It's official—ROYGBIV is a Do. To kick off our special awards-season coverage, we've compiled our favorite recent gowns and asked you: Who should win each color category? (As always, it's an honor just to be nominated.)



First up, the red dress:

41%

of you cast your ballot for Blake Lively's Gucci gown, naming it the best of the crimson. (Notice all the *young* stars in red? They're saying, "I've arrived.")

36%

of you voted Heidi Klum, at left in Zac Posen, the best-dressed in the orange category—making her the winner in a dead heat with Giuliana Rancic, above. "Orange isn't an obvious go-to hue, so anyone who wears it is ready to set themselves apart," says *Glamour* online style editor Nikki Ogunnaike.

ZETA-JONES: ALBERTO RODRIGUEZ/NBC/NBCU PHOTO BANK; LIVELY: PASCAL LE SEGRETAIN; WILLIAMS: JASON MERRITT; LAWRENCE: ETHAN MILLER/WIREIMAGE; ORA: TONYA WISE/ADMEDIA/ADMEDIA/CORBIS; MARA: FRAZER HARRISON; KLUM: JEFFREY MAYER/WIREIMAGE; HOUGH: JASON KEMPIN/AMA2014/GETTY IMAGES FOR DCP; COLLINS: AT SUSHITOMURA/GETTY IMAGES; PERRY: KEVIN MAZUR/WIREIMAGE; RANCIC: AFP/GETTY IMAGES; WOODLEY: VICTOR CHAVEZ/WIREIMAGE; KURKOVA: PASCAL LE SEGRETAIN/GETTY IMAGES; HYLAND: MICHAEL BUCKNER/GETTY IMAGES FOR INSTYLE; WATTS: FRAZER HARRISON/GETTY IMAGES; BANKS: KARWAI TANG/WIREIMAGE; DUNN: MIKE MARSLAND/WIREIMAGE; ORA: ANTHONY HARVEY/GETTY IMAGES; MANN: JASON MERRITT/GETTY IMAGES; COTILLARD: IANGAVAN/GETTY IMAGES; STONE: MIKE MARSLAND/WIREIMAGE; KERR: FREDERICK



42%

of you chose Leslie Mann's sunny Kaufmanfranco dress, making her the yellow-gown winner. "Claire Danes, Julianne Moore, and Julie Bowen all took home trophies when they wore yellow to the Emmys one year—maybe it's good luck?" says Ogunnaike.

46%

of you checked the box for Solange Knowles' slit-leg Ralph & Russo. Says Ogunnaike: "Bright green on the red carpet can go Christmasy *fast;* that's why celebs lean toward a deeper emerald."

36%

of you selected Amy Adams' Gucci 2014 Oscar gown as the best of the blues. "Navy is as safe as black but twice as interesting," Ogunnaike says.

57%

of you gave Salma Hayek the purple prize with this Gucci Première. "Jewel tones are universally flattering," says Ogunnaike. "You don't see many amethyst or violet awards-show fails."

M. BROWN/GETTY IMAGES; ROBINSON; FRAZER HARRISON/GETTY IMAGES; BULLOCK; ALBERTO E. RODRIGUEZ/GETTY IMAGES; KNOWLES; LARRY BUSACCA/WIREIMAGE; DELEVINGNE; MICHAEL TRAN/FILMMAGIC; LOPEZ; KEVIN MAZUR/FOX/WIREIMAGE; PARE; ALBERTO E. RODRIGUEZ/GETTY IMAGES; JONES; ALBERTO RODRIGUEZ/NBC/NBCU PHOTO BANK; ADAMS; ROBYN BECK/AFP/GETTY IMAGES; SEYFRIED; JOE KLAMAR/AFP/GETTY IMAGES; POEHLER; STEVE GRANITZ/WIREIMAGE; CRAWFORD; KEVORK DJANSEZIAN/NBC/NBCU PHOTO BANK; HAYEK; MICHAEL TRAN/FILMMAGIC; HEIGL; JEFF VESPA/WIREIMAGE; ALBA; FRAZER HARRISON/GETTY IMAGES; NYONG'O; STEVE GRANITZ/WIREIMAGE; CHASTAIN; VALERY HACHE/AFP/GETTY IMAGES. SURVEY DATA COLLECTED FROM 100 WOMEN AGES 18–44, JANUARY 15, 2015, USING SURVEY MONKEY AUDIENCE

What It Takes to Style a Superstar

Oh, just 50 possible dresses, 30 pairs of shoes, three assistants, and a stylist with a high tolerance for stress. Like Jason Rembert, the man who gets Rita Ora through awards season. He's a Do!



"A tailor can transform a dress," says Rembert, who had this Zac Posen redone for Ora as a backless number.

Rembert Always Has a Backup Plan

When the singer appeared with the President and First Lady, her stylist "also had a breathtaking Elie Saab dress, and a third, fourth, *fifth* gown," he says. "You have to have a bag of tricks."



ORA AT THE AMERICAN MUSIC AWARDS, WITH REMBERT FOR STARWORKS ARTISTS; SPLASH NEWS/CORBIS. ORA WITH PRESIDENT AND MRS. OBAMA: KEVIN MAZUR/WIREIMAGE.

"There was Gucci, Marchesa, Lanvin, Pucci…," says Jason Rembert, recalling the single weekend (yes, just two days) he had to plan for Rita Ora's November 2014 American Music Awards appearance, one of the many events on her calendar. Rembert has masterminded the British pop star's daring red-carpet looks for four years, and still, he says, "some things are a surefire hit, some a bad miss. The thing that we really do best is have fun." For that night at the AMAs, he and Ora went with the first gown she tried on: the strapless Zac Posen in bright yellow, above. "Rita is at the point in her career where she's experimenting," explains the stylist, who has worked with singers Iggy Azalea and Ciara. "She makes my job easy."

Easy? Really? Not always. For Ora's performance at the Christmas in Washington event, attended by the First Family, Rembert knew what he wanted: the off-the-shoulder Ralph & Russo gown, above. "The [minute] we got confirmed, I said, 'Rita is wearing this dress,'" he recalls. There was just one problem: The gown was in London. "A store wanted it for one of their clients," he says, "so there was a bit of a fight—but we got it!"

When the dress arrived in the U.S. two days before the event, it had to be altered to fit the singer—a key lesson for your *own* fashion life: "A dress can be $5, but as long as it fits well, people will think it's expensive," says Rembert. "We had to go buy an extra inch of fabric, and we didn't know what the fabric was! I don't know how, but my best friend guessed it: silk gazar. The tailor sewed until 2:00 A.M., just in time for my 6:00 A.M. flight to Rita in D.C. I hate the craziness but love it at the same time, because it makes moments that last forever."

And one final tip: Mind your undergarments! "Even if you're not using them to make your clothing look better," he says, "you can use them for posture." Speaking of lingerie, what will Ora wear for the premiere of *Fifty Shades of Grey*, in which she costars as Mia Grey? Nothing predictable, Rembert promises: "Expect the unexpected." —*Kate Branch*

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How Glam Should They Go?

Celebs, you can relax once red-carpet season's over! The women we polled prefer your natural look anyway.





PARED DOWN | RED CARPET

56%

It's J.Lo, so her version of "natural" ain't exactly bare, but most readers like her with less on.





PARED DOWN | RED CARPET

73%

Kerry Washington likes a pink lip day *or* night. But (surprise!) readers are into the *Scandal* star with a little mascara and not much else.





PARED DOWN | RED CARPET

51%

This one's close, but the majority say Emma Stone's lighter eye and lip should take home the trophy.

If *Glamour* Ran the Oscars

This is what we'd have this year's awards-season favorites wear. Watch with us on February 22; we'll be live-tweeting at @glamour_fashion and @glamourmag.



Felicity Jones

No one ever wears intricate patterns like this Dolce & Gabbana, but *The Theory of Everything* Best Actress nominee, above, could ace this.



Quvenzhané Wallis

We *wish* she'd been nominated, but without an Oscar nod for *Annie,* maybe the 11-year-old can have some red-carpet fun. We'd like her in this sweet Michael Kors.



Amy Adams

This sexy Jason Wu number gives us *American Hustle* flashbacks. And we *loved* Amy, above, in *American Hustle.*

LOPEZ, FROM LEFT: SPLASH NEWS; STEVE GRANITZ/WIREIMAGE. WASHINGTON, FROM LEFT: TODD WAWRYCHUK/ABC VIA GETTY IMAGES; JEFF VESPA/WIREIMAGE. STONE, FROM LEFT: MUNAWAR HOSAIN/STARTRAKSPHOTO.COM; ALBERTO RODRIGUEZ/NBC/NBCU PHOTO BANK; JONES: GREG DESJUHE/PICTUREGROUP; FOLCE & GABBANA RUNWAY: ANNIS VLAMOS/INDIGITALIMAGES.COM. WALLIS: ANGELA WEISS/WIREIMAGE. MICHAEL KORS RUNWAY: COURTESY OF DESIGNER. ADAMS: JASON MERRITT/GETTY IMAGES. JASON WU RUNWAY: FABIO IONA/INDIGITALIMAGE.COM. SURVEY DATA COLLECTED FROM 107 WOMEN AGES 18 TO 44, JANUARY 13, 2015, USING SURVEYMONKEY AUDIENCE


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PASS IT ON, SPRING IT ON

Who says you can't look good while doing good? Fashion Project's co-founders, Anna Palmer and Christine Rizk, have parlayed their love of fashion into a greater cause—one that's as easy to be a part of as cleaning out your own closet. Be sure to make space for some of their favorite spring picks from **bebe**!



Join the movement to use fashion as a force for good.

Anna and Christine have created a community where you can donate clothing and shop for a cause you care about. Visit **fashionproject.com** to shop a custom bebe boutique. Proceeds will be donated to Girls Inc.



Mixed Media Midi Dress

Playful yet professional, a patterned dress with a pop of color makes a bold statement for any occasion.



Triple Bar Cuff

An oversize bracelet keeps all eyes on you at work and play.



Kelsey Jacket & Kayla Pencil Skirt

A modern take on the power suit, this combo pairs well and still packs a punch as separates.



bebe

bebe.com



Jacquard Fit & Flare Dress
Stand out as a go-getter in this geometric dress and feminine belt.



Print Tie Waist Jumpsuit
Try this jumpsuit for an all-in-one professional ensemble.



Amari Flower Minaudière
Switch your bag to a feminine yet simple clutch for a special evening event.



Cayla Patent Sandals
Elevate your spring style and bring your career to new heights.

SHOP THE SPRING EVENT

Thursday, March 19th

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#SpringItOn


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Edited by Jessica Sailer Van Lith



Theory vest, $535. **Lanvin** tank top, $580. **Stephen Jones Millinery for Donna Karan New York** hat. **Hasmik Kourinian** head scarf, customized by *Glamour*. **See Glamour Shopper for more information.**

Spring's New Looks... GO!

We show you how to take the season's freshest styles from the runways to your wardrobe.

WILL DAVIDSON

Checks, Please!

Give your work look graphic zing with a bold, printed blouse and modern finishes.

CC Skye bracelet ($168, amazon.com)
W D R

Your How-to: Tone down head-to-toe patterns by keeping them in the same color palette. **Proenza Schouler** blouse, skirt. **Céline** necklace, $455.



SEEN AT PROENZA SCHOULER

REAL WAY | *RUNWAY*

MEET THE GIRL

Model-artist Phoebe Collings-James, 27, shows off the trends on these four pages.

Joie shorts ($148, joie.com)
D R

Elizabeth and James Nirvana White (a floral musk) and Nirvana Black (a sweet, woodsy blend) Solid Perfume Compacts ($48 each, Sephora)
W D R

The Mode Collective mules ($255, usa.themodecollective.com)
W D

Apiece Apart shirt ($280, apieceapart.com)
W D R

JEFF HENRIKSON; STYLIST: ALEX HARRINGTON; HAIR: EDWARD LAMPLEY FOR D+V MANAGEMENT; MAKEUP: EMI KANEKO FOR TOM FORD BEAUTY. STILLS: **TIM HOUT**; STYLIST: JOHN OLSON. RUNWAY: MONICA FEUDI/FEUDIGUAINERI.COM

KOHLS.COM/VERA





Sea dress ($525, McMullen, Piedmont, CA, 510-658-6906)
D R



Fendi Furiosa eau de parfum ($88 for 1.7 oz., Bloomingdale's)—a spicy, floral scent
W D R



Miss Mochila bag ($185, similar style at shoplatitude.com)
D R

RUNWAY

SEEN AT DRIES VAN NOTEN



REAL WAY

Your How-to: Don't double down on prints here. Black pants keep Collings-James' look clean. **Dries Van Noten** top, $1,250, sandals, $965. **Nautica** trousers, $90. **Céline** necklace (worn as belt), $455.

Modern Boho

Say yes to the dress...over pants. When the top is free-spirited, the bottoms slim, and the accessories eclectic, this look is perfection.



Tory Burch earrings ($250, toryburch.com)
D R



Express pants ($70, express.com)
W D



Brother Vellies slippers ($380, brothervellies.com)
R

JEFF HENRIKSON; STYLIST: ALEX HARRINGTON; HAIR: EDWARD LAMPLEY FOR D+V MANAGEMENT; MAKEUP: EMI KANEKO FOR TOM FORD BEAUTY. STILLS: TIM HOUT; STYLIST: JOHN OLSON. RUNWAY: YANNIS VLAMOS/INDIGITALIMAGES.COM

See **Glamour Shopper** for more information.


Katie Holmes
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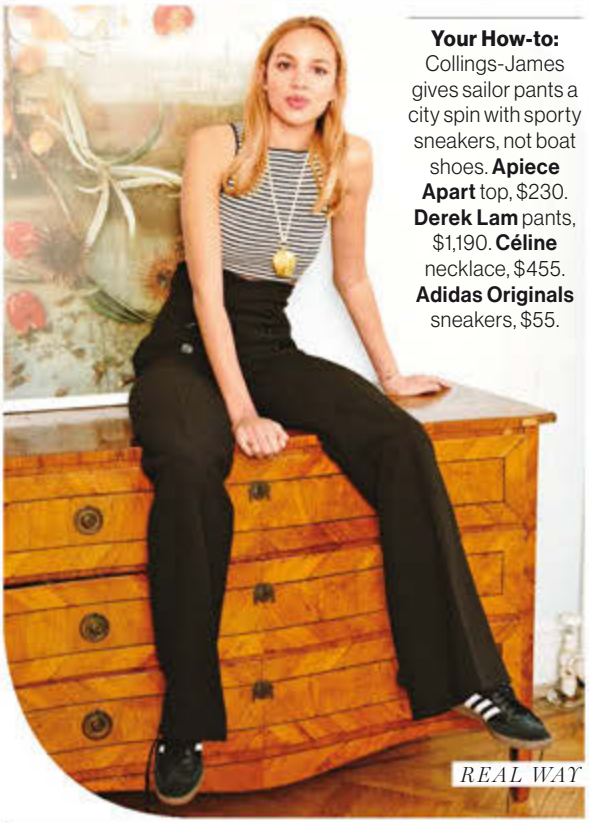
Even paint onto lashes!

OLIVIA WILDE WEARS DESERT DAZZLE.

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Your How-to: Collings-James gives sailor pants a city spin with sporty sneakers, not boat shoes. **Apiece Apart** top, $230. **Derek Lam** pants, $1,190. **Céline** necklace, $455. **Adidas Originals** sneakers, $55.

REAL WAY | RUNWAY



SEEN AT SACAI

Ahoy, Sailor

Nautical style is back—this time with an urban edge and sophisticated add-ons we love.



Tuleste necklace ($150, tuleste.com) W D R



CH Carolina Herrera trousers ($445, CH Carolina Herrera, Beverly Hills, 310-276-8900) W D R



Blu Kicks sneakers ($58, blukicks.com) R



Gianni Bini top ($69, select Dillard's stores, 800-345-5273) D R



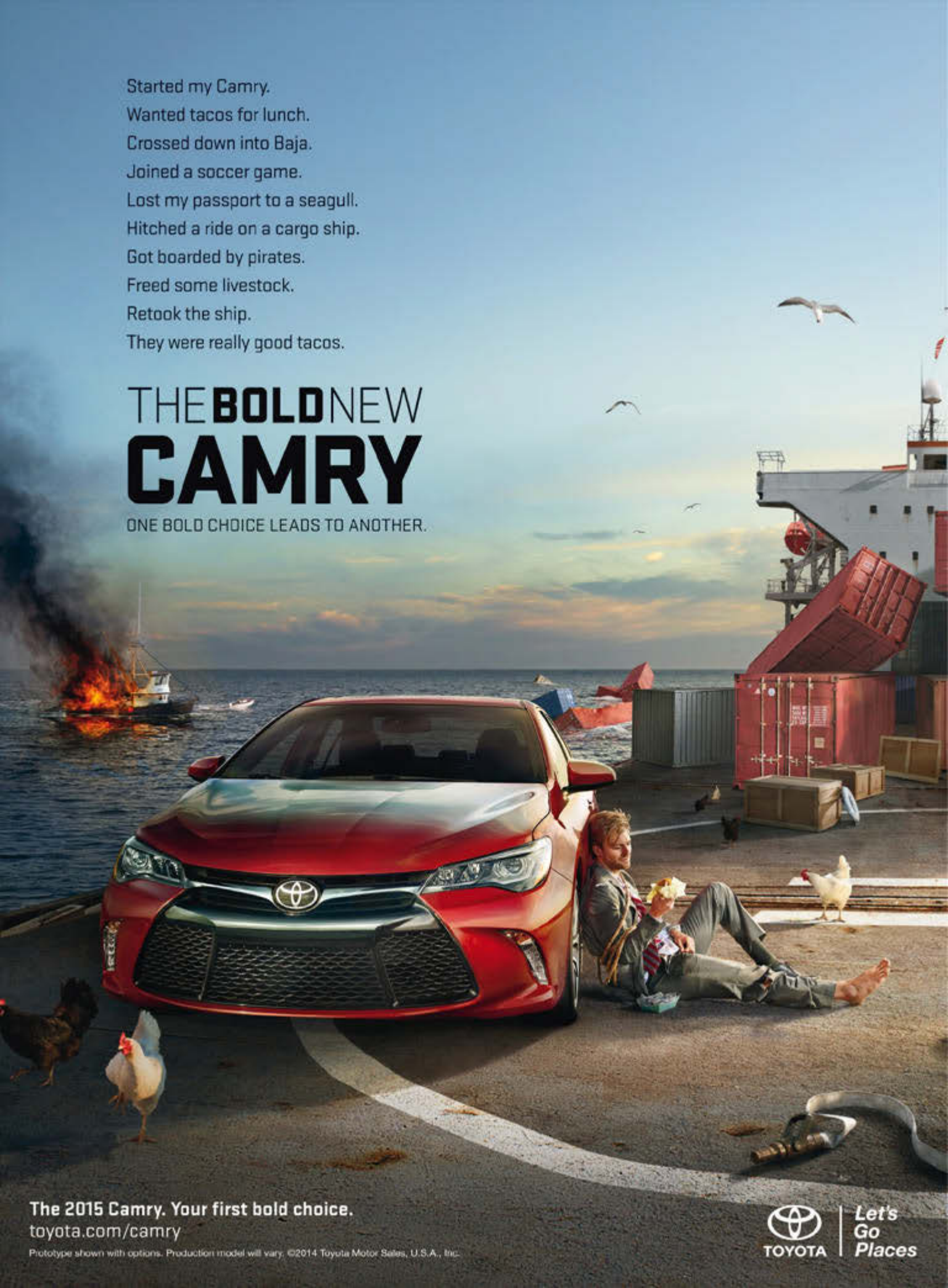
Chanel Les Exclusifs de Chanel in Sycomore eau de toilette ($280 for 6.8 oz., chanel.com)—a warm, woodsy scent W D R



Michael Michael Kors backpack ($298, select Macy's stores, 800-289-6229) R

JEFF HENRIKSON; STYLIST: ALEX HARRINGTON; HAIR: EDWARD LAMPLEY FOR D+V MANAGEMENT; MAKEUP: EMI KANEKO FOR TOM FORD BEAUTY. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON. RUNWAY: MARCUS TONDO/INDIGITALIMAGES.COM

See **Glamour Shopper** for more information.


Started my Camry.
Wanted tacos for lunch.
Crossed down into Baja.
Joined a soccer game.
Lost my passport to a seagull.
Hitched a ride on a cargo ship.
Got boarded by pirates.
Freed some livestock.
Retook the ship.
They were really good tacos.
THE BOLD NEW
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toyota.com/camry
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TOYOTA
Let's Go Places



H&M earrings ($18, hm.com)
WD

Gucci boots ($1,100, gucci.com)
WD



Your How-to: Clipped a few inches above the ankle, the jeans show off Collings-James' killer boots, right. **Saint Laurent by Hedi Slimane** jacket. **Etro** blouse. **Gucci** jeans, $695. **Kenneth Jay Lane** ring, $90. **Prada** boots.

REAL WAY | RUNWAY

SEEN AT GUCCI

Weekend Update

Make spring's new relaxed denim trousers part of your off-duty uniform. They're just right with a romantic top and stacked booties.

Chloé ($990, Chloé, NYC, 212-717-8220)
WDR



Forever 21 blouse ($16, forever21.com)
WDR





Charlotte Tilbury Kissing Lipstick in Night Crimson ($32, charlottetilbury.com)
D



Rodebjer jeans ($265, rodebjer.com)
DR

JEFF HENRIKSON; STYLIST: ALEX HARRINGTON; HAIR: EDWARD LAMPLEY FOR D+V MANAGEMENT; MAKEUP: EMI KANEKO FOR TOM FORD BEAUTY. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON. RUNWAY: MARCUS TONDO/INDIGITALIMAGES.COM

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Rebecca Minkoff ($325, select Rebecca Minkoff stores, 866-838-6991)

Gap ($80, gap.com)

Major Bag Game

Need accessory mojo? This spring a sleek sporty-looking style does it.

Alexander Wang ($1,395, alexanderwang.com)

PROP STYLIST: JULIE FLYNN FOR HALLEY RESOURCES

Photograph by **Svend Lindbaek**


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Mules Are Back!

And we're seeing them everywhere. The season's best ones boast ornate prints and unconventional silhouettes; Marie Antoinette would approve!



All: **Prada** (prada.com)

PROP STYLIST: JULIE FLYNN FOR HALLEY RESOURCES

Photograph by **Svend Lindbaek**


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Gucci ($2,100, gucci.com)

Mango ($100, mango.com)

Theory ($545, select Theory stores, 877-242-3317)

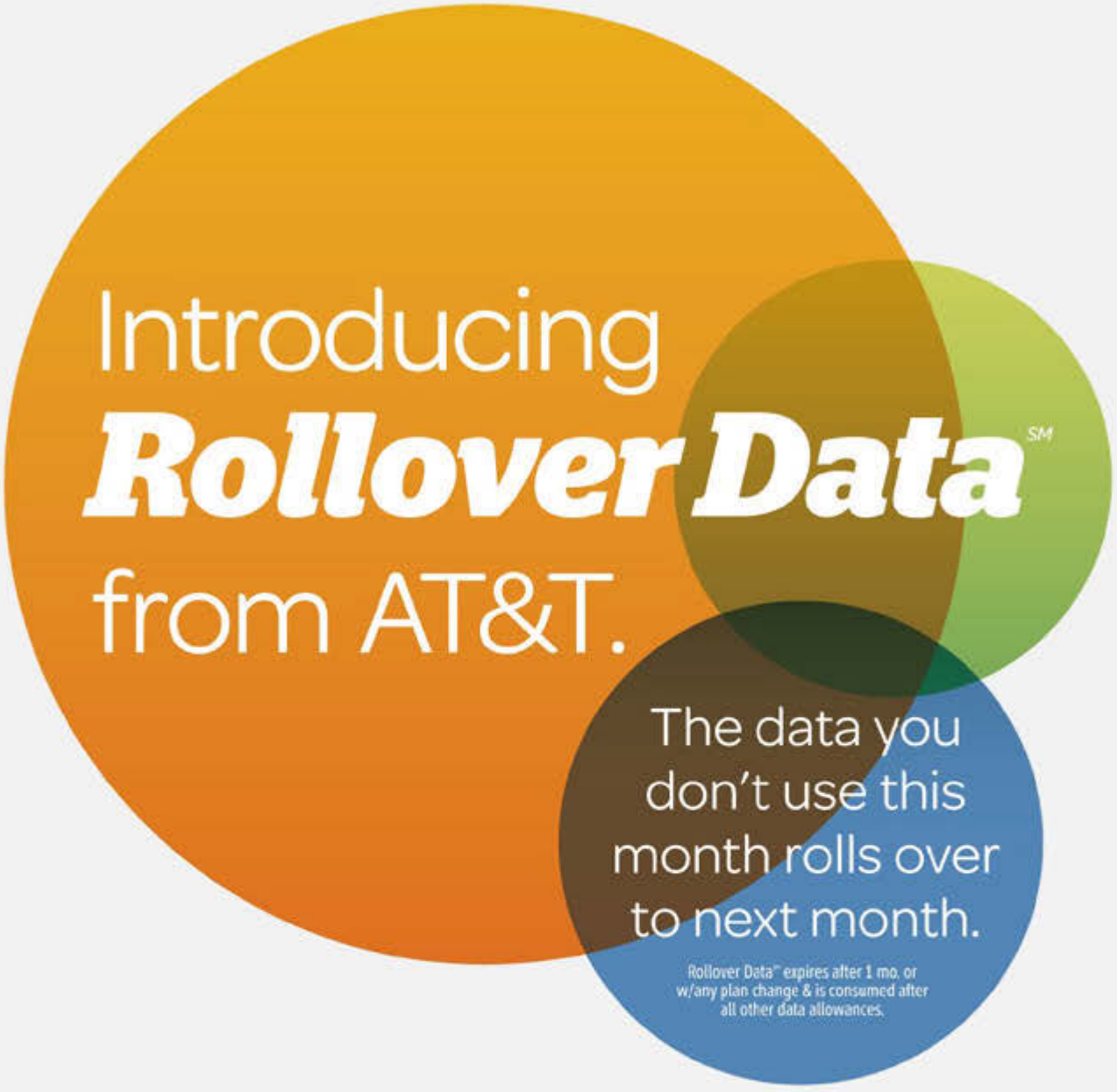
Chloé ($1,890, select Chloé stores, 855-203-0940)

Brown-Bagging It

Meet the new classics: soft suede satchels to keep on your shoulder all year long.

PROP STYLIST: MARISSA GIMENO FOR HALLEY RESOURCES

Photograph by Svend Lindbaek

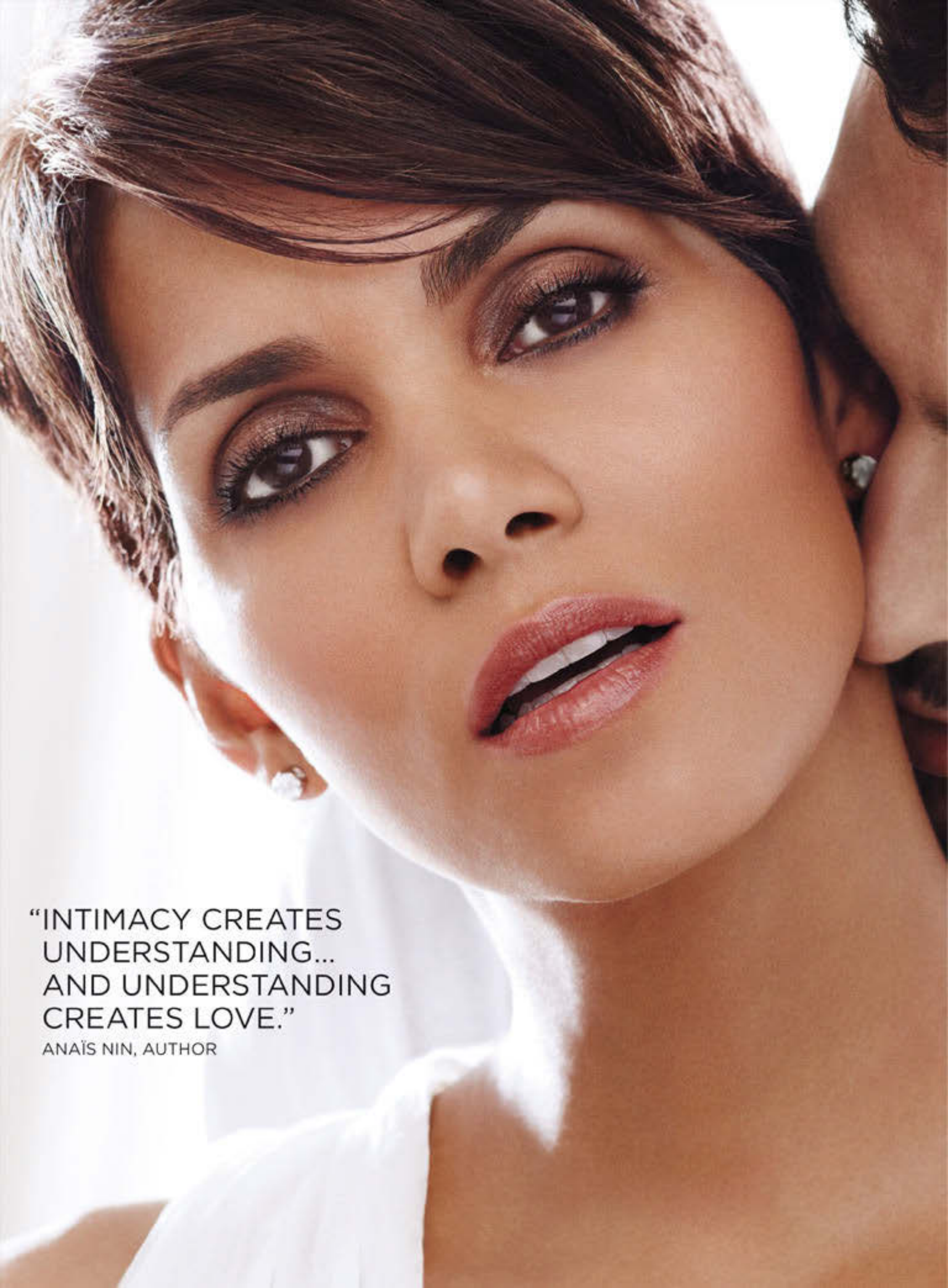


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ANAÏS NIN, AUTHOR



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Girl on Fire

If you don't know her yet, you will soon: In the boys' club of New York fashion, Rosie Assoulin is blazing an inspiring path.
By Sophia Chabbott, with Victoria Lewis



Rosie Outlook Models Shanina Shaik, far left, and Emily Senko, center, with the designer in her downtown New York studio, all in Rosie Assoulin clothing. **See Glamour Shopper for more information.**

Growing up in the Gravesend section of Brooklyn in the nineties meant knowing that the stoop on East Fourth Street was the place to see and be seen. It's where boys made plans for basketball games, hair-twirling girls pined to sneak a glimpse of Rosie Assoulin's movie-star-handsome brother, and Assoulin herself began to gather her fashion inspiration. (Full disclosure: I was one such stoop dweller, and even back then Assoulin was magnetic.)

"I didn't think about going into fashion," Assoulin tells me now. "It was just in me. It's almost like it wasn't a choice. It was just happening."

And is it *ever* happening for her—in a way that is truly unique for female designers. Consider: The list of major labels that have risen in the New York City fashion world in the past decade is long and impressive, including Proenza Schouler, Jason Wu, Alexander Wang, Joseph Altuzarra. But New York has also indisputably been a boys' club, and my old friend Rosie is changing that.

Since launching her collection in 2013, she's become known for her crisp cotton shirts, statement-making pants, and bold silk-faille gowns. But what's really won everyone over? The fact that her pieces are made for women with real bodies to actually look and feel good in. "A great designer has this way of hugging you with their clothes, which I experienced for the first time when I wore Rosie," says Assoulin's close friend Leandra Medine, the woman behind the fashion blog Man Repeller. "Her clothes are so intimate because there is true passion and love that goes into making them."

And while some things have changed since her days on the stoop—Assoulin, 29, is now married with children—her popularity has never wavered. But the stoop has gone global; her fans are a band of power fashion ladies including Medine; Claire Distenfeld, owner of boutique Fivestory New York; and Miroslava

JAMES RYANG; STYLIST: SOPHIE PERA; HAIR & MAKEUP: ALEXA RODULFO

continued on next page


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Fan Girls From the streets to the red carpet, everything's coming up Rosie. Left: *Downton Abbey*'s Michelle Dockery at the Emmy Awards. Right: Assoulin's friend Leandra Medine of Man Repeller in New York City, both in her designs.

> "The show was so beautiful I cried. I just barely managed to blubber out the words 'Please, can I be an intern?'"
>
> *—Assoulin on her career-changing gig at Lanvin*

Duma, the Russian editor and street-style star.

"Rosie's creations are as unique as they come," says Distenfeld. "Her soul and being are in each piece, and I really think you can feel that when you put them on. When you walk into a room wearing Rosie, you know you've got a little something over everyone else."

How She Got There

So what exactly *was* her path to all this success? Assoulin paid her industry dues: After a brief stint at the Fashion Institute of Technology, she landed a coveted apprenticeship with her role model Oscar de la Renta. Interestingly, it was Roxanne Assoulin, founder of the jewelry brand Lee Angel and her future mother-in-law, who helped her land the job. "I was 18," says Rosie. "I didn't have any experience. I just knew that I wanted to be there and be a part of it."

But it was an impulse trip to Paris in 2009 that really put her career in motion. With what her friends call characteristic fearlessness, Assoulin headed to France to see the ready-to-wear collections—without an invitation to a single fashion show. For most, this might have been a trip filled with disappointment (and too many baguettes consumed).

But not Assoulin. She scored a standing-room-only ticket to the Lanvin show from a friend of a friend. "The show was so beautiful that I cried," she recalls. Afterward she took a chance and sneaked backstage to meet the house's creative director, Alber Elbaz. "I waited like a scary stalker in the wings for two hours," she says. "When my turn came to meet him, my voice cracked. Mortified, I just barely managed to blubber out the words 'Please, can I be an intern?'"

A few weeks later Assoulin moved to Paris to work at the legendary French house. "I was tasked to do things like hand-glue crystals to a bride's tulle veil," she remembers. "And I was in charge of buying fresh fruit for everyone in the office because Alber always wanted there to be natural beauty within reach."

When she finally returned to Manhattan, Assoulin was ready to launch her own line, and it's been a meteoric rise ever since. Within a year of her start, she placed as a finalist in the CFDA/*Vogue* Fashion Fund and earned a nomination for the prestigious CFDA Swarovski Award for Women's Wear Design. Hollywood has taken note too: Stars like Lupita Nyong'o, Michelle Dockery, Lily Aldridge, and Keri Russell have all picked Assoulin looks for major red-carpet moments. Her most recent coup? Dressing the ever-controversial Jemima Kirke in her head-turning capelet and skirt for this year's Golden Globes.

A Little Drama for All

It may be true that Assoulin's clothes are not for the fashion faint of heart, but what she wants you to know is that they aren't just for the red carpet. (Her friends wear her billowing tops with casual denim cutoffs or slip-on sneakers.) Assoulin's designs are intended for women from all walks of life.

For her latest collection, Assoulin stuck to her now signature silhouettes but gave them a decidedly modern addition: zippers. Picture a glamorous tiered gown that can be instantly altered into a pretty mini or a pair of voluminous pants perfectly pared down for the office. Says Medine: "Rosie takes two disparate worlds—one of true glamour from her days at Oscar, and another of practicality by virtue of being a working mom—and delicately merges them together in clothes that are as extraordinary as they are reliable."

Nice work for a girl from the stoop.

DOCKERY: CHRISTOPHER POLK/NBC/GETTY IMAGES. MEDINE: TOMMY TON/TRUNK ARCHIVE

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What We Saw at Fashion ~~Week~~ Month

It's a marathon, not a sprint! *Glamour* editors share their personal highlights of the spring shows in every city.

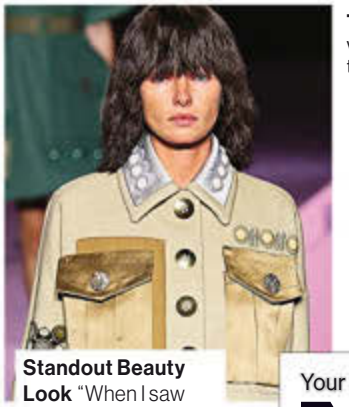


My Show Uniform
"A pair of 3x1 jeans, a silk blouse, and a clutch is my go-to outfit. I carry only the essentials!"

My Wardrobe Must
"Tory Burch never fails to inspire me. This season I loved her preppy take on boho dressing."



Tory Burch vest ($295, toryburch.com)



Standout Beauty Look "When I saw Marc Jacobs' models with their cool black bobs, I *almost* booked the next appointment at my salon."

Your host: Jessica Sailer Van Lith, fashion market director

New York



"New York is an amazing city to kick off fashion month," says Sailer Van Lith. "There's such an interesting mix of established houses, and then fresh young designers who bring life to the scene."



Shoe Lust "Paired with tailored Levi's and a knit tank, this fringed Proenza Schouler shoe is an outfit game-changer."

Proenza Schouler heels ($1,445, Proenza Schouler, NYC, 212-420-7300)

My Designer Crush
"Joseph Altuzarra knows how to make a woman look effortlessly sexy."



Home Away From Home
"I got a cappuccino at Sant Ambroeus every morning and went back for dinner almost every night."





Tourist Highlight "Everyone was buzzing about the new Condé Nast headquarters. You can see One World Trade Center from almost everywhere in the city."

Eva Fehren earrings (select Barneys New York, 888-822-7639)



The Statement Accessory
"I love these delicate earrings from Eva Fehren's surrealist presentation."

SAILER VAN LITH: **JAMES RYANG**; HAIR: JOSEPH MIANO; MAKEUP: VALERY GHERMAN FOR ART DEPARTMENT. STILLS: **CATHY CRAWFORD**; STYLIST: RENATE LINDLAR. BROOKLYN BRIDGE: LONELY PLANET IMAGES/GETTY IMAGES. ALTUZARRA, MARC JACOBS: GIANNI PUCCI/INDIGITALIMAGES.COM. SANT AMBROEUS ILLUSTRATION: MASSIMO MONGIARDO FOR KNOWLITA X COFFEE CUPS OF THE WORLD

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My Show Uniform "I live in dresses during fashion month. The less I have to pack, the better. A structured leather belt helps pull it all together."



Must-Stop Shop "I always pop in to Liberty London for gifts to bring back home, and can never leave without stopping to smell the beautiful flowers outside."

The Standout Accessory "UV coverage and high drama in one leather-wrapped package! What's not to love about J.W.Anderson's supersize sun hats?"



Your host: Jane Keltner de Valle, fashion news director

London

"London is a hotbed for creative young talent, from Christopher Kane to J.W. Anderson," says Keltner de Valle. "I'm always inspired by the free-spirited energy, on *and* off the runways. The stark black uniform you see in other cities doesn't fly here!"

Now Trending "Anya Hindmarch's pop-art-y Bazooka clutch is Instagram bait."



Anya Hindmarch clutch (us.anyahindmarch.com)



My Designer Crush "Erdem [above right] is a favorite of Duchess Catherine's, and for good reason. I love this statement feather topper."



Burberry Prorsum skirt (burberry.com)

My Wardrobe Must "Burberry's paillette pencil skirt is a show-stealer. I'd pair it with a simple white tee and classic heel."



Runway Fave "Emilia Wickstead's clothes are feminine, glamorous, and wearable. This nipped-waist dress is on my wish list."



Tourist Highlight "London calling! No trip is complete without a phone booth photo op. Color-coordinated bag a plus."

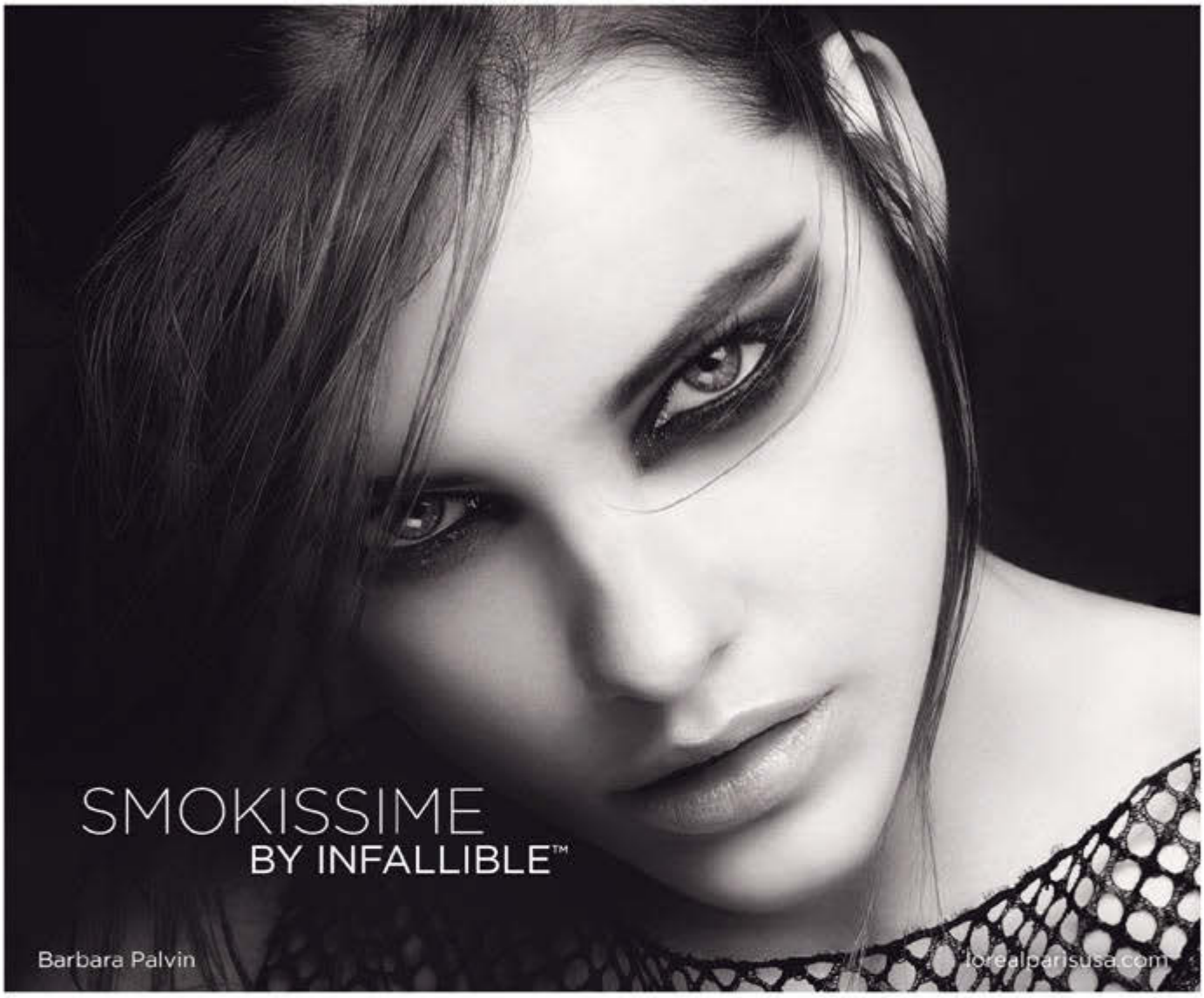
Shoe Lust "This is the season of the statement shoe, and the wildly talented Simone Rocha had the best marabou-trimmed mules."



Simone Rocha mules ($670, modaoperandi.com)

KELTNER DE VALLE: TOMMY TON/TRUNK ARCHIVE. STILLS: **CATHY CRAWFORD**; STYLIST: RENATE LINDLAR. FLOWERS, PHONE BOOTH, DESIGNER CRUSH: COURTESY OF KELTNER DE VALLE. J.W.ANDERSON: GORUNWAY.COM. EMILIA WICKSTEAD: STEFANO MASSE/INDIGITALIMAGES.COM

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Your host: Gretchen Gunlocke Fenton, accessories director

Milan



"I love the mix of accessories here," says Gunlocke Fenton, "from Bottega Veneta's understated luxury to Dolce & Gabbana's dolce vita style. Different characters unfold at each show. And giving in to pasta every night is heaven."



My Show Uniform "I start with a perfect white shirt, then pair it with a full printed skirt and heels that don't quite 'match.'"



Local Find "Journalist and American expat J.J. Martin has the best vintage style. Now she's letting us in on her Milan shopping secrets with her new shoppable site, ladoublej.com."



Must-Stop Shop "My trip highlight was the charming flower market Marni created for its twentieth anniversary at Milan's famed Rotonda della Besana. I bought a few garden-inspired totes!"



Shoe Lust "Mules made a major comeback on the spring runways. My personal favorites? No. 21's bejeweled satin pair."

No. 21 mules ($958, numeroventuno.com)



Tourist Highlight "Nothing beats walking around the Duomo on a sunny day. I buy presents for my kids from the local vendors outside."



Front-Row Crush "I couldn't keep my eyes off Charlotte Casiraghi [Grace Kelly's granddaughter] at Gucci."



The Standout Accessory "This necklace adds the subtlest sparkle to an everyday look."

Bottega Veneta necklace ($1,550, bottegaveneta.com)

Now Trending "The single-earring trend continues! This Jil Sander one makes a modern statement."

Jil Sander earring ($150, jilsander.com)



Buzzy Debut "I want to wear this ultrafeminine dress from Giambattista Valli's debut lower-priced Giamba collection every chance I get this spring."

GUNLOCKE FENTON: **JAMES RYANG**; HAIR AND MAKEUP: ALEXA RODULFO FOR CHANEL AND ORIBE. STILLS: **CATHY CRAWFORD**; STYLIST: RENATE LINDLAR. DOUBLE J.: COURTESY OF LADOUBLEJ.COM. FLOWERS: COURTESY OF GUNLOCKE FENTON. GIAMBATTISTA VALLI: GIANNI PUCCI/INDIGITALIMAGES.COM. DUOMO: FLICKR RF/GETTY IMAGES. CASIRAGHI: DANIELE VENTURELLI/GETTY IMAGES

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My Show Uniform
"For a month full of shows, I often rely on a crisp button-down shirt layered up with my signature silver jewelry, a pencil skirt, and heels."



Runway Fave "The ultimate young starlet look from Raf Simons at Dior! I adore the unexpected mix of athletic tank topping off a theatrically dramatic ball skirt."

My Wardrobe Must
"The Dior jewelry collection is always surprising. I adore the boldness of this cuff."



Dior cuff (special order, 800-929-3467)

Your host: Jillian Davison, fashion director

Paris



"After weeks of fashion-show globe-trotting," says Davison, "Paris never fails to inspire and cement the season's trends. The spring shows saw a lot of fresh designer blood at the legendary houses. Paris is hotter than ever right now."



Tourist Highlight
"Nicolas Ghesquière showed Vuitton at the spectacular new, Frank Gehry–designed Fondation Louis Vuitton."



My Designer Crush
"Céline's Phoebe Philo always thinks outside the box. This look [above] was my favorite take on modern tailoring this season."



Home Away From Home "My Park Hyatt hotel room is my sanctuary, where I can organize tickets, review the day's schedule, and make a healthy-meal pit stop."



Buzzy Debut
"Brit Jonathan Anderson debuted at Loewe with a crafty, experimental approach to luxury that was the talk of Paris."



Shoe Lust "This Balenciaga sandal is a must-buy for me. It's a hybrid of sporty practicality with couture beading."

Balenciaga sandals (similar styles available at Balenciaga, NYC, 212-206-0872)

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WILLIAM BELL: FEBRUARY 15, 1959, VOGUE



ROMULO YANES: JULY 2005, GOURMET



LEONARD NONES: APRIL 1961, GQ





ERIC DROOKER: SEPTEMBER 15, 2008, THE NEW YORKER

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The Month in Outfits

Australian blogger and student Margaret Zhang is a master at shopping her closet. Steal her 31 easy ideas for remixing your spring staples!

TRENCH DRESS



Ann Taylor ($139, anntaylor.com)

1



2

Rain or shine, there's nothing I love more than a trench. This sleeveless style goes with *everything,* including my favorite blue silk flares.

CULOTTES



Nasty Gal ($78, nastygal.com)

7



8

Gauchos and sky-high heels are my go-to combo.



9

Army green toughens up pastels for a street-smart look.

10

I love mixing different shades of blue.



16

To play with necklines, mix the bandeau with a turtleneck.



17

It's ready for some mischief with this crazy printed pajama suit.



18

The graphic checks break up all-black.

MEN'S SHIRT



19

Banana Republic ($125, bananarepublic.com)



23

The crisp staple anchors my ultimate day-to-night outfit.



24

A classic coat with the shirt keeps all eyes on my gold-toe lace booties.

RUBBERIZED TOTE

25



Hunter ($95, us.hunterboots.com)



26

A waterproof bag is ideal for a day at the market.



27

I get a kick out of it with a dress over jeans.

HAIR AND MAKEUP: JULIE FIGUEROA FOR CELESTINE AGENCY; MANICURE: DEBBIE LEAVITT FOR NAILING HOLLYWOOD. STILLS: **CATHY CRAWFORD**; STYLIST: SALLY PENN

See **Glamour Shopper** for more information.

3



I couldn't resist the tucked-into-a-skirt trick.

4



The black instantly mellows clashing prints.

5



I'll pair it with color-blocked trousers for a spin on suiting...

6



...or with ripped jeans on casual Fridays.



11

Pinstripe silk adds a masculine touch.



12

Head-to-toe periwinkle is easy-breezy for rooftop drinks with my mates.

CROP TOP

13



Theory ($140, theory.com for stores)

14



My favorite leather jacket edges up this sweet bralette.

15

With a dramatic skirt, it's a cheeky red-carpet look.

20



Boyfriend shirts are for stealing—and wearing under knits.

21



I'm too much of a tomboy to rock a lace dress by itself. The button-up keeps it cool.

22



Dare to wear a skirt as a top? Make it work with an oxford and leather leggings.



Red alert! The tote tones down my statement-making scarlet outfit. XO, @margaret__zhang

28



The casual carryall and my monogrammed sweatshirt are perfect together.

A chic way to drag my textbooks to a cocktail event after class.

29



30



Bonus: It's big enough for my camera and laptop.

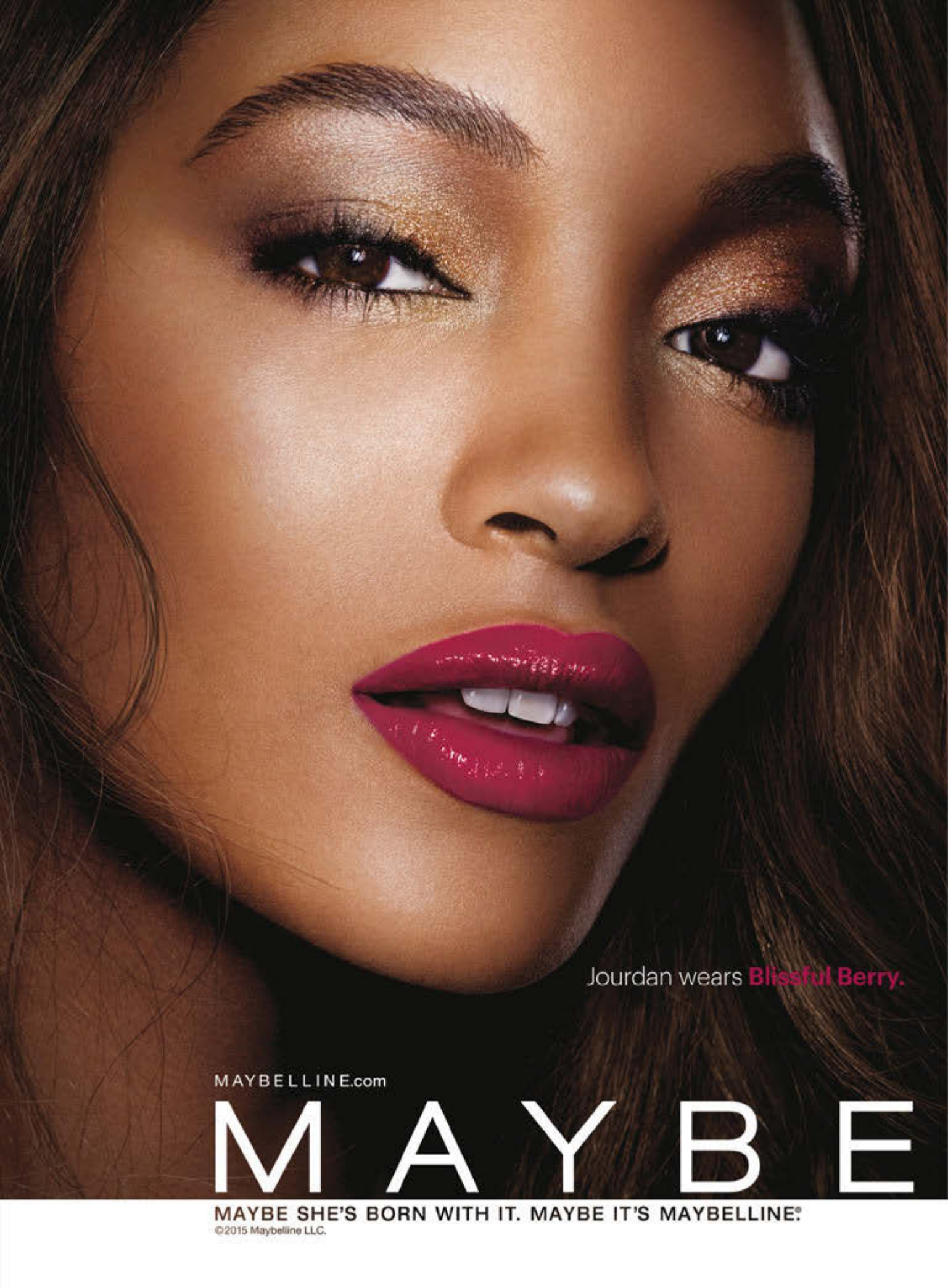
31

Find more what-to-wear inspiration at **glamour.com/fashion/outfit-ideas.**

Photographs by **Brigitte Sire**


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Know Your New Labels

Under the radar...until now! Meet the up-and-coming designers fashion insiders are turning to for all their chic essentials. By Brittany Adams



1

Totême
For Easy-Breezy Cool

No one does effortless chic like Elin Kling, 32. Just ask her 200,000-plus Instagram (@elinkling) followers, who love her personal blend of edgy sophistication. Last spring the Swedish style star launched her own line, Totême, with husband Karl Lindman. It's a collection of beautiful basics with an après-beach twist. Think the handful of items that Kling would toss in her carry-on for a weekend getaway in Tulum, Mexico. "I was craving clothes that let me be the woman I want to be," she says. "I like a woman who pays attention to what she's wearing without overthinking it."



Totême Pair Married cofounders Lindman and Kling. The brand's Zagora tunic dress, top, goes from the beach to the streets.





2

Brock Collection
For Romantic Tomboys

Quiz: Who made that dreamy floral coat Emma Stone wore last spring? It's Brock, a new line by husband-and-wife designers Kris Brock and Laura Vassar, both 28, who had a whirlwind year: They got married, debuted their made-in-New York collection, *and* had a baby boy. "There's a definite romance to what we create, inspired by our lives," she says.

Brock 'n' Roll Designer couple Brock and Vassar. Top right: Brock's floaty striped dress and leather bomber make for a perfect mix of tough and soft.





3

Trademark
For Alterna-Prepsters

Sisters Pookie and Louisa Burch, 30 and 26, are making their mark with Trademark. Last name sound familiar? Tory Burch, their former stepmother, is their mentor. But the duo are giving classic American style their own offbeat twist. "We start with something we already love and try to create the next version of it," says Pookie. Insiders are buzzing over Trademark's novelty staples. On our spring wish list: tees with rainbow-stripe knit collars, chunky gold cuffs, structured midi skirts, and collarless coats in punchy hues. The best part? None of it costs you your paycheck.

Sister Act Quirky classics from Trademark designers Louisa and Pookie Burch, top.

1. FROM TOP: RYAN MICHAEL KELLY/COURTESY OF TOTÊME. BJORN IOOSS/COURTESY OF TOTÊME. 2. FROM LEFT: PETER GOLDMAN/COURTESY OF BROCK COLLECTION (2). 3. COURTESY OF TRADEMARK (2).

See **Glamour Shopper** for more information.

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4



Isa Arfen

For Elegant Eccentrics

Already a hit with Alexa Chung, Lena Dunham, and fashion darlings like Charlotte Dellal, Isa Arfen is a new London label to know. Its founder, Italian-born Serafina Sama, 33, a former Chloé designer, is all about Technicolor hues and eclectic embellishments. "There's always a bit of humor," she says. "You shouldn't take yourself too seriously." Her cuddly "teddy bear" coats have a cult following, and this season's dramatic red linen cape, above right, has serious wow factor.



Everyday Drama "There's something decadent about a summer cape," says Isa Arfen designer Sama, right.

5





Cool, Calm, Collected Getty, 45, above, in her own design. An understated ivory number from her spring collection, top.

Rosetta Getty

For Day-to-Night

Who do actresses like Demi Moore turn to for a quietly sophisticated dinner-party outfit? Rosetta Getty. The designer entertains often in the Los Angeles home she shares with actor husband Balthazar Getty, and could teach a class in hostess-with-the-mostest dressing. Her namesake collection features soft separates in calm hues and sumptuous fabrics that go from A.M. to P.M. Our favorite new look? A strapless midi dress, above, layered over a long-sleeve tee and paired with pointy slingback flats.

6





Shirt Alert Protagonist designer Wendelborn, top, knows her way around a crisp button-down.

Protagonist

For Modern Minimalists

Ready to simplify your style? Then Protagonist, a new line of meant-to-be timeless essentials by Kate Wendelborn, 34, is your cup of tea: The designer whips up sharp trousers, perfect ribbed pullovers, and multiple variations on the classic white shirt—with spot-on fit and double-take details (like standing collars and exaggerated cuffs). "It's a blank canvas you can build your outfit around," she says. "Putting on a white shirt instantly highlights your face, so you're the protagonist of your own look."

4. FROM TOP: SOPHIA AERTS/COURTESY OF ISA ARFEN. COURTESY OF SERAFINA SAMA. 5. FROM TOP: CHARLIE ENGMAN/COURTESY OF ROSETTA GETTY. AMI SIOUX/COURTESY OF ROSETTA GETTY. 6. FROM TOP: SAM DEITCH/BFANYC.COM. MATTHEW SPROUT/COURTESY OF PROTAGONIST

See **Glamour Shopper** for more information.

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All Eyes on Gigi Hadid

The model-of-the-moment and new face of Maybelline rose to fame on reality TV, but today she has the fashion world at her feet. She walks you through her style outlook here!



My Off-Duty Style
"I'm constantly experimenting with new looks. My inspiration comes from following street-style photographers on Instagram. Michael Dumler [@on_abbotkinney] is my current favorite."



My Partners in Crime
"Kendall [Jenner, above right, with Hadid] and Cara [Delevingne] are two of my best friends. Backstage, it's a lot of laughing and taking selfies."

My Sister Act "I'm so proud of Bella [below right] for starting to model as well! Giving my little sister career advice makes me happy, and there's no feeling of competition. We're each other's biggest fans!"





My Go-to Workout
"I grew up playing sports like volleyball and riding horses, and my newest love is boxing. I'm obsessed! It keeps me excited about working out. I'm always trying to become quicker, more fluid, and improve my footwork. My trainer, Rob Piela [left], and I are great friends."



My Favorite Jeans "I've been a Guess girl for 15 years! CEO Paul Marciano discovered me when I was a kid [that's Hadid, above left]. It sounds cheesy, but they *are* my favorite jeans, especially the high-waisted skinnies."



My Pinch-Me Moment
"Walking the spring Chanel show was a dream come true! Karl Lagerfeld is so brilliant, even being in the same room as him was inspiring."

OFF-DUTY STYLE: MICHAEL DUMLER. GUESS AD: KYMBERLY MARCIANO/GUESS JEANS. CHANEL RUNWAY: MATTEO PRANDONI/BFANYC.COM. WITH TRAINER: COURTESY OF HADID. WITH SISTER: MONICA SCHIPPER/GETTY IMAGES. WITH JENNER: JOE SCHILDHORN/BFANYC.COM

Yes, I *Will* Be Caught Wearing the Same Thing Every Day

Some of the world's chicest women walk around in essentially the same look year in and year out. Emily Holt makes a case for the art of uniform dressing.







The Denim Doyenne Silver-haired fashion editor Sarah Harris, left and above, is consistently chic in crisp shirts, ripped jeans, and standout accessories.

CLOCKWISE FROM TOP RIGHT: MANUEL PALLHUBER/BLAUBLUT EDITION/TRUNK ARCHIVE. TOMMY TON/TRUNK ARCHIVE (2). ADAM KATZ SINDING/BLAUBLUT EDITION/TRUNK ARCHIVE. GIANLUCA SENESE/BLAUBLUT EDITION/TRUNK ARCHIVE

Just out of the shower on a recent Monday morning, I stood in front of my closet and started to contemplate the contents of my wardrobe: pants, pants, pants, pants; sweater, sweater, sweater, sweater; sandals, sandals, sandals, sandals. Hmmm, what should I wear today? Oh hey, what about pants, a sweater, and sandals?

My name is Emily Holt, I'm 36 years old, and I have a uniform.

All my life I've gravitated toward an aesthetic that's relaxed, classic, and not overtly girly. Sure, I've gone through phases—there were the "trying to dress like Kelly Taylor from *Beverly Hills, 90210*" years, and more recently I've played around with a sexy, Sicilian, Dolce & Gabbana vibe—but I always come back to that straightforward trinity of pants, sweater, and an easy shoe. Growing up I had a school uniform: a white shirt with a Peter Pan collar and pleated skirt. And though at the time I remember railing against the lack of choice, it must have ingrained in me the habit of wearing the same thing every day. The pant-sweater-sandal combination emerged during college in Los Angeles, where that laid-back attire was appropriate year-round. Today, depending on weather and my fashion mood, I tweak my uniform ever so slightly. Fall 2014, when designers were celebrating a sportier attitude, I lived in oversize Dries Van Noten pants, a sweater, and Adidas Superstars. This spring I'm dreaming of a lean, languid seventies silhouette, maybe pairing Calvin Klein's drapey knit tank with my slightly flared





The Trailblazer J.Crew's Jenna Lyons, above and right, always pulls everything together with an oversize, tailored jacket atop her shoulders.

continued on next page

Céline trousers and Ancient Greek Sandals crossover spa slides. But while components change, the refrain remains: pants, sweater, sandals, repeat.

And why not? It works. A gray Equipment cashmere sweater with silver Marni pants and leopard Tory Burch flats can take me—comfortably, I might add—from a breakfast meeting to a visit with a designer friend in her studio to a work dinner and even an after-hours drink. (Occasionally I'll swap the flat for a higher heel.) Operating with a known formula also clears my mind: less closet confusion! And the idea of adhering to a uniform dovetails nicely with a larger direction in fashion, a move away from trend-slave dressing and a return to more classic basics, like those now seen across price points, from The Row's paper-thin cashmeres and classic trousers to the Gap campaign that urges us all to "dress normal." Don't get me wrong: There are still plenty of wild statement looks out there, but for those who want something simpler, fashion is currently delivering. So how do you find your uniform?

Look at how you dressed when you were a kid. What you wore—or refused to wear—before you knew how to spell *runway* says a lot about your true sartorial nature. Recently I unearthed a snapshot of myself at age three, wearing a dotted cotton sweater, knit pants, and flip-flops. I look supremely at ease. It's a little like when a career coach tells you to recall the activities you loved as a kid and find a job that suits those skills. (Though if I followed that advice, I'd be touring the world as a backup dancer for Janet Jackson.)

Forget trends. "It's important to know what looks good on you, not what's fashionable," designer Carolina Herrera tells me when I ask about her signature white shirt, a symbol of elegant simplicity she's been wearing since she was required to don one as a child in Venezuela as part of her school uniform. "Eventually I became accustomed to it," says the designer. She's wearing one as I interview her. "Experiment with the things in which you feel confident. Don't pay attention to other people."

Embrace being different. "People often say, 'I saw this dress, and it's so you,' or 'This is such an Irene skirt,'" says fine jeweler Irene Neuwirth, who tends to wear colorful, patterned, feminine frocks that cinch at the waist and fall to her ankles—not just at home in sunny Venice Beach, California, but also when she's working among the masses-in-black in Manhattan and Paris. Neuwirth's been on this kick since age five, when her mother, a painter who also wore upbeat, free-spirited clothes, dressed her. But British *Vogue*'s fashion features director Sarah Harris had the opposite reaction to parental guidance. "When I was three, my mom was dying to put me in a floral dress. I would burst out crying and refuse to leave the house," says Harris, now a devotee of androgynous jeans and blazers. "I've always favored trousers and dungarees over anything girlish."

Think of it as branding. The best part of a uniform is that you consistently look like you. Visualize (or google!) Coco Chanel (striped top, revolutionary-at-the-time pants), Frida Kahlo (printed floral dress, trademark braid and unibrow), and Audrey Hepburn (slim cropped pants, fitted knit). Uniform devotees today include Céline designer Phoebe Philo in her minimalist turtleneck and discreetly chic trousers; J.Crew president and executive creative director Jenna Lyons in her chunky glasses, slim blouse, cigarette pants, and pointed toe pumps; Ellen DeGeneres, who's rumored to own dozens of near-identical charcoal gray or navy cashmere sweaters; and First Lady Michelle Obama who, by this point, could launch her own brand of cardigans, belts, fit-and-flare skirts, and arm-baring dresses. These are some of the best-dressed women in the world, and they're known for wearing (different versions of) the same thing every day!

If all else fails, jeans. There's a reason they've been America's uniform for more than 100 years. But if they're *your* daily fare, Harris has a critical warning: "Jeans can look lazy, so you have to amp up the accessories." Which means chic, dressier elements are a must. Harris goes for blazers by Stella McCartney, pumps with a heel, a men's Rolex, and a pair of diamond hoops. "It elevates the look and helps people think I made an effort," she says. "It's not that I don't love other clothes. It's just that in jeans, I feel like me."

Emily Holt is a freelance writer living in San Francisco.

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Edited by Ying Chu



Your New Insta-Glam Plan!

These one-minute beauty tweaks make your look *very* spring 2015. By Maureen Choi

No time for full-on hair and makeup? No problem. Instead of overhauling *everything*, just overhaul *one* thing. Choose from the *Glamour* editors' list of easy beauty updates, all borrowed from backstage at the spring shows. Here we go....

Try Lip Gloss on *Eyes*
Pat a clear one on lids and cheekbones for the glowy effect seen at Thakoon here (makeup artist Diane Kendal used Nars Lip Gloss in Triple X).

NARS

continued on next page

Want more beauty tricks? Get 'em all day long at **lipstick.com**.

For Hair Magic
Suave Professionals
Natural Infusion Leave-In Cream ($5, at drugstores)



Get Pretty, Air-dried Hair

Most stylists blow-dry the living daylights out of models' hair, but for the windswept look at Tory Burch's spring show, right, Eugene Souleiman let hair practically air-dry (he blasted it quickly with a dryer at the end to speed things up). Love that.

ON YOU: Rather than just towel off your hair, try Souleiman's simple trick: Mist a sea-salt spray, like Wella Professionals Ocean Spritz ($16, wella.com for salons), on hair when it's almost dry, and massage it in for a "raw, roughed-up feel," he says. Make a deep side part and you're good to go.



How to Achieve the Look Overnight
Apply leave-in cream, at top, on towel-dried hair, and wind into a loose topknot before bed; finger-comb in the A.M.



Try Pastel Eyeliner Stickers

If you're eye-makeup-challenged, the foolproof (and glamorous) satin eyeliner strips seen on Dior's spring runway, above, are for you. They lend "a modern, neoprene effect," says makeup artist Peter Philips, who created the look.

ON YOU: Prep lids with a long-wear eye primer, and curl lashes—no mascara required (you want the liner to take center stage). Then place a patch (Dior Pastel Eyes Multi-Wear Adhesive Eyeliner Patches, $61 for set of four, dior.com) right above each lash line, with no gap between the sticker and your lashes, and press. Be extra gentle when removing so you can wear them again and again.



For a Colorful Accent
Echo Design silk scarf ($118, echodesign.com)

Tie on a Bright Scarf

The quickest way to upgrade a plain old bun: Put a scarf on it. Major style points if it's got a cool color-pop print, like those at the Missoni show, above.

ON YOU: Apply a dollop of volumizing mousse (we like L'Oréal Paris Advanced Hairstyle Boost It Mousse, $5, at drugstores) to damp hair, brush it back into a low ponytail, and twist into a bun, says Paul Hanlon, the hairstylist behind the Missoni updo. Then wrap a scarf around it and double-knot, leaving ends free.

AIR-DRIED TEXTURE, PASTEL EYELINER: JASON LLOYD-EVANS. BRIGHT SCARF: IMAXTREE.COM. STILLS: **JOSEPHINE SCHIELE**

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—Ashley

New Dove Dry Spray Antiperspirant
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Cara Delevingne's Beauty Confessions

She once wanted to shave those glorious eyebrows! The 22-year-old model, Instagram sensation, and face of My Burberry fragrance gets honest.



My favorite feature: "The back of my head? OK, my eyebrows. But to be honest, I was forced to like my eyebrows. I absolutely despised them originally, and I wanted to shave them off. But my mother was just like, 'You'll regret that for the rest of your life. Don't you dare touch them!' I didn't."

My beauty regret: "At fashion shows my brows often get bleached, and they've been dyed back much darker—like jet black, where you can't even see my skin. Sometimes with Just for Men! What a mistake. At times the two brows aren't even the same color!"

My first scent memories: "My granny used to wear a lot of perfume. She always smelled amazing. That, and the smells of the Sunday roast."

My best off-duty look: "No makeup. That's my signature."

My Zen place: "Grace Belgravia spa in London. I love all the healthy salads and juices there. And I do yoga every day. My head is all over the shop usually—so many things going on in my brain—so I need yoga to ground me."

My beauty icon: "Elizabeth Taylor. She's epic. The boss, ya know? Her best character was Martha in *Who's Afraid of Virginia Woolf?* I've watched that movie over and over again."

My dream role: "Elizabeth Taylor! Or a really strong woman: a superhero." [Delevingne is cast as the Enchantress in the 2016 DC Comics film *Suicide Squad*.]

My desert-island products: "Lucas' Papaw Ointment [as lip balm] and Nivea cream—they're great for dryness. I used to get psoriasis; the cream was so helpful."

My Instagram approach: "It's all about angles, I think. I also can't stand seeing pictures of people just looking seriously at the camera. I don't know, that's just me. Have something fun in the background, do something interesting, have a prop, a hat!"



HER BROW HELPER
"As a kid I got teased about my unibrow. Now I love my brows."
YSL Dessin Des Sourcils in No.3 Glazed Brown ($30, yslbeautyus.com)



HER RED-CARPET LIP
"I love red or deep purple lips for events."
Burberry Lip Velvet in Military Red ($33, burberry.com)



HER SIGNATURE SCENT "It's delicious! It kind of reminds me of being in the country; something about it takes me home."
Burberry My Burberry eau de parfum ($125 for 3 oz., burberry.com)



HER LIFE MOTTO
"Embrace your weirdness!" Follow her @caradelevingne.



HER SKIN PERFECTER
"Dayle Breault in New York makes a wicked good spray! I see her for facials too."
Dayle Breault Synergy Mist ($30, goddessofskin.com)

DELEVINGNE, FROM TOP: IAN LANGSDON/EPA/CORBIS. DAVE M. BENETT/GETTY IMAGES. STILLS: **JOSEPHINE SCHIELE** AND **WORLD PICTURE SERVICE**

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Feels moisturizing.
It's amazing."
—Holly

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The Month in Hairstyles

Ditch the flatiron and bust out your hot rollers, because March is all about voluminous texture. Here, 31 ways to rock curls and waves for every length.

Updos



1 Tease the crown and sweep hair into a billowy bun...



2 ...or pile fluffy curls on top for a rockabilly vibe.



3 Do a tiny braid at the nape of your neck, and drape it over a retro beehive.



4 Gently tuck waves behind your ears *and* into your shirt for the quickest updo ever.



5 Try a faux bob: Roll two-inch sections under, and pin.



6 Wear double buns for a playful weekend look.

Waves



7 Slick the top back with strong-hold gel; crimp the rest.



8 French-braid hair and leave overnight for loose finger waves.



9 Curl the front and flip the ends out.



10 Subtle flyaways: unfussy, easygoing, cool!



11 Run a bit of styling wax on tips to keep a pixie neat.



12 Pull out a few face-framing wisps for a romantic touch.

Tie hair in a low ponytail, and curl the ends with a large-barrel iron.



13



14 Scrunch damp hair with mousse to bring out your natural waves.

Braids



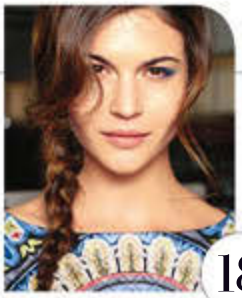
15 Let curls peek out of a low, loose braid...



16 ...or take two mini braids and secure in back.



17 Wind a braided pony into a chunky bun.



18 Braid hair to one side; leave tendrils free.

Accessorized



19 Twist front sections back and pin; clip in a few jeweled barrettes to finish.



20 Top off second-day curls with a chic fedora...



21 ...or cover them with a basic knit beanie for a laid-back look.

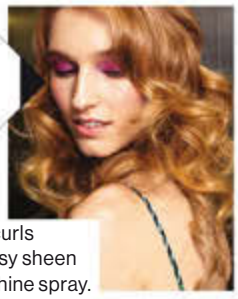


22 Wear a bright turban to humidity-proof your waves.



23 Add polish with a simple gold clip.

Curls



24 Give curls a glossy sheen with shine spray.



25 Embrace your natural texture—the bigger, the better!



26 Channel your inner pin-up girl with a fifties-style bob.



27 Style with hot rollers, then smooth the top.



28 Rake a curl cream through ringlets and diffuse. Hands off once it's set!



29 Brush curls out for an extra-fluffy effect.



30 Get frizz-free bounce with a hydrating serum.

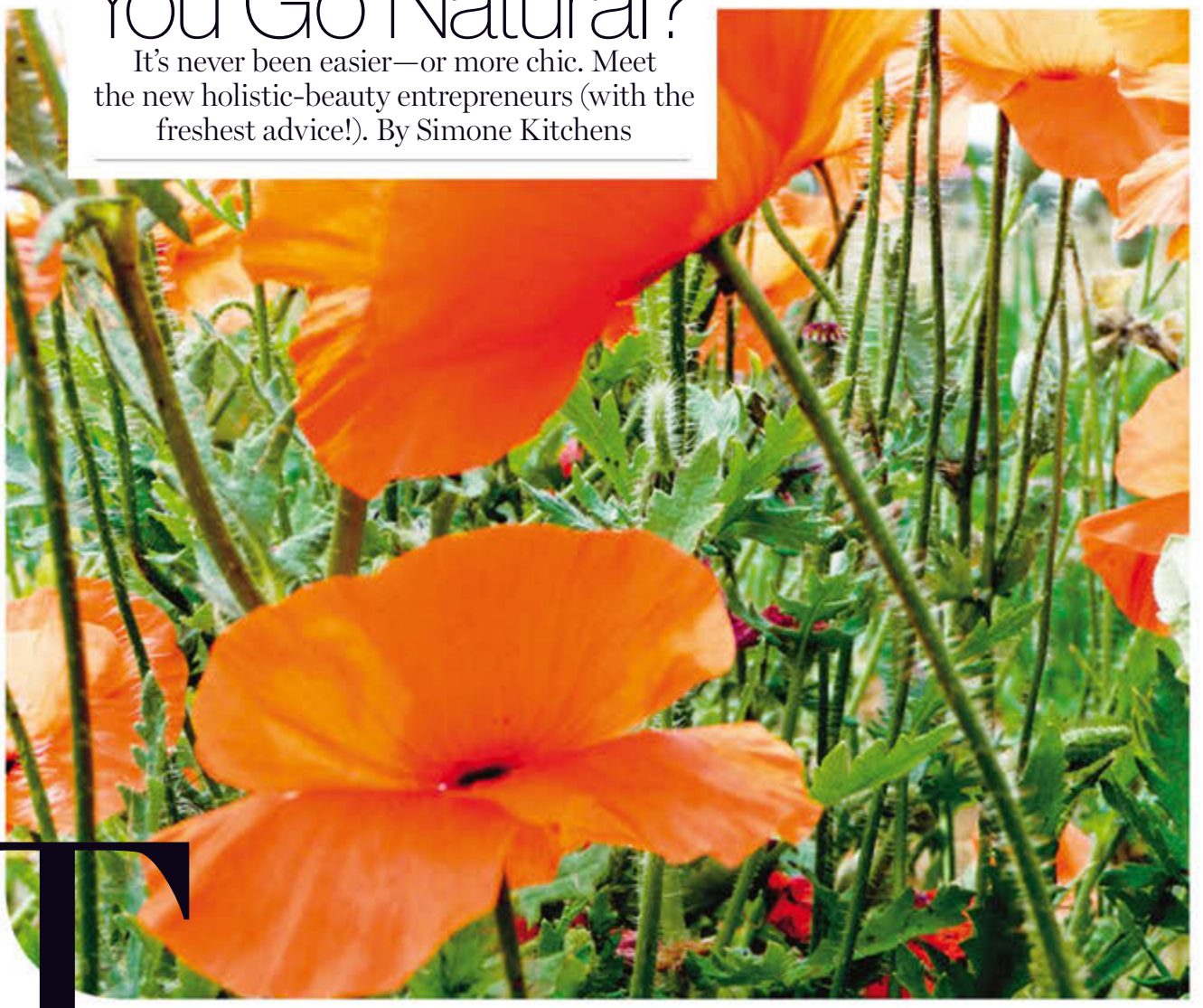


31 Condition, condition, condition. Happy curls equals happy girls!

1, 2, 4, 11, 12, 16, 18, 19, 24, 28, 30: JASON LLOYD-EVANS. 3, 5, 9, 14, 31: PIER/MODELS.JAM.COM. 6: ADAM KATZ SINDING–BLAUBLUT EDITION/TRUNK ARCHIVE. 7: THE URBAN SPOTTER–BLAUBLUT EDITION/TRUNK ARCHIVE. 8, 13: MICHELE MOROSI/INDIGITALIMAGES.COM. 10, 20, 25, 26: TOMMY TON/TRUNK ARCHIVE. 15, 17: SONNY VANDEVELDE/INDIGITALIMAGES.COM. 21: NABILE QUENUM–BLAUBLUT EDITION/TRUNK ARCHIVE. 22: JESSICA WEBER–BLAUBLUT EDITION/TRUNK ARCHIVE. 23: GIANNI PUCCI/INDIGITALIMAGES.COM. 27: SANDRA SEMBURG–BLAUBLUT EDITION/TRUNK ARCHIVE. 29: FRENCHY STYLE–BLAUBLUT EDITION/TRUNK ARCHIVE

Beauty: Should You Go Natural?

It's never been easier—or more chic. Meet the new holistic-beauty entrepreneurs (with the freshest advice!). By Simone Kitchens



There's no denying that many of us are embracing a more "whole" lifestyle: We like our food organic, our clothing sustainable, and, more recently, our beauty products as natural as we can get them. But if that last category brings to mind crunchy soaps and wheat germ facials, think again: What we're seeing now are highly potent skin care formulas and pigment-rich makeup cased in the kind of sleek packaging you'd be proud to display on your bathroom counter. And guess what? *Women* are behind many of the new natural-beauty breakthroughs—both longtime pioneers like Linda Rodin and Josie Maran, and a group of enterprising newcomers determined to rev up the once-stale category. Steal their beauty secrets *and* a little career inspiration here.

The Modern Herbalists

Marina Storm, 35, and Sarah Buscho, 34, cofounders, Earth Tu Face

Buscho and Storm credit Alice Waters and the Chez Panisse slow-food movement for early inspiration. "We're translating that farm-to-table approach to food into what we put on our skin," says Buscho. "It's what we grew up with." (It doesn't hurt that they grow some of their ingredients in a former Chez Panisse garden.) But just because their products are natural doesn't mean they're "hippie or only for a certain group of people," Buscho points out. "Think of how processed foods aren't as popular now," says Storm. "We believe the same thing is going to happen with beauty products."

THEIR MOTIVATION: The duo insist on ingredients that serve a purpose, meaning no fillers: "Plants that are naturally anti-inflammatory, soothing, antibacterial—all great for your skin," says Storm.

THEIR GOOD-FOR-YOU MISSION: "Being an herbalist today, for us, means being aware of everything from stress levels to the chemicals in our habitats," says Buscho. "We're trying to be body- and earth-conscious."

THEIR BEST-SELLER: Wrapped in 100 percent compostable packaging, the Skin Stick ($34, earthtuface.com) is ideal for lips, cheekbones, cuticles—you name it.

BEATRIZ DA COSTA

continued on next page

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The Clean Cosmetics Maker

Sasha Plavsic, 36, founder, Ilia

"Right when the natural movement was starting—this was the late 2000s—the big box stores would have their quote-unquote green beauty section, but the products marketed as natural weren't far off from those in general categories," says Plavsic, a creative director who has worked with Urban Decay, Cartier, and Oliver Peoples. But building her *own* clean makeup line had its challenges. She hunted for two years to find a company that would build a lipstick case out of recycled aluminum. Then after that, "I had to find a lab I could trust that would bring in raw ingredients and be honest about exactly what was going into them," she adds. When Plavsic launched Ilia in 2011 with six lipsticks, she wanted them to be environmentally friendly but also to work. "For me, it's most important that women like the feel *and* enjoy the look of my products."

HER MOTIVATION: "You would go to the Whole Foods beauty section, and everything was in a bamboo case or wrapped with a green leaf," she notes. "I felt like there had to be a way to make eco products look chic."

HER GROWING RANGE: After success with lipstick, Ilia expanded to include mascara, tinted moisturizer, concealer, and illuminators a year later.

HER BEST-SELLERS: The balmy, berry-tinted Arabian Knights Tinted Lip Conditioner ($26) and the bright, true red Wild Child lipstick ($26, both iliabeauty.com) are fan favorites.

The Style-Minded Perfumer

Anne McClain, 33, founder, MCMC Fragrances

"I loved my interior-design job but felt unfulfilled," explains Brooklyn-based McClain. "I randomly signed up for a natural-perfume-making class one evening and just fell in love with it." From there she got serious and enrolled in the prestigious Grasse Institute of Perfumery in the South of France—but when she announced her plan to start her own fragrance line, she got blank stares from her class; many of her peers had come from storied perfume families in which scent-making is a passed-down tradition, not something you just pick up. But McClain was undeterred: "I just wanted a perfume to match my style."

HER MOTIVATION: "The big brands and celebrity perfumes weren't speaking to me," she says. And "a lot of the small boutiques where I shopped didn't carry perfume at all."

A DAY IN HER LIFE: "We get jasmine from India, vetiver from Haiti, and even pine needle oil from Russia," she says. Everything is then bottled in her studio in the Greenpoint section of Brooklyn. As a small entrepreneur, "I can flex my creativity," adds McClain. "In a commercial process I'd have to answer to a client, marketers, a budget."

HER BEST-SELLERS: Though her line has expanded, her core fragrances, Hunter, Noble, and Maine ($95 each, mcmcfragrances.com), are her most popular.

The Zen Skin Care Creator

Brandy Monique, 36, founder, Fig+Yarrow

"I didn't want to make just another natural product," says Monique, a trained herbalist. So she challenged herself to create blends that perform even better than plain coconut oil—a simple, tried-and-true skin healer. Once she reached that goal, Monique ensured that her line would appeal to many—that perfect mix of technical skin care and deliciously botanical scents and textures.

HER MOTIVATION: "I wanted a stripped-down look that is gender-neutral," she explains. "There's always going to be someone who wouldn't be caught with some über-feminine product in their bathroom."

HER BEAUTY MOTTO: "Beauty is a ritual. You do this practice, you apply these ointments. And it can help uplift us," she says.

HER BEST-SELLERS: The facial Herbal Steams ($22 each) repair skin, while the white-clay-based Tooth Powder ($16, both figandyarrow.com) brightens teeth naturally.



The Calming Body Wash "Bergamot makes this cleanser uplifting, fresh, even euphoric," say Sarah Buscho, above right, with Marina Storm. Earth Tu Face Shower Gel ($38, earthtuface.com).



The Allover Tint "This color appears more peachy than orange on skin—it's one of my favorite shades for warming up complexions," says Sasha Plavsic, above. Ilia Multi-Stick in I Put a Spell on You ($34, iliabeauty.com).



The Perfect Understated Fragrance "Sun-dried grass, the scent of salt water—this evokes a carefree day on the coast," says Anne McClain, above. MCMC Fragrances Maine eau de parfum ($95 for 1.4 oz., mcmcfragrances.com).



The Dew-ifying Oil "After two weeks in Iceland without it, I realized my skin loves this serum!" says Brandy Monique, above. Fig+Yarrow Facial Serum ($38, figandyarrow.com).

BUSCHO AND STORM: KASSIA MEADOR. PLAVSIC: SEAN FRITCH. MCCLAIN: LENA CORWIN. MONIQUE: KRISTEN HATGI SINK. STILLS: **JOSEPHINE SCHIELE**



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Karen Elson on: My Flame Red Hair

The 36-year-old supermodel-singer is known for her fiery mane—but shh, she wasn't born with it! Here's how she found her inner ginger.



"I feel a bond with other redheads. It's like we're in a little club!" says Elson, here showing off her signature shade.

I'm quite aware of the impact of my red hair: With my pale skin and blue eyes, red just pops. But the truth is, my hair is naturally mousy! And I've had a few disasters on the way to becoming a redhead. The first attempt was at age 13 or 14, when I tried a home dye kit to make my dull strawberry blond hair *much* redder. I followed the box instructions to a tee but wound up fluorescent orange. It was horrifying. And it cemented my status as the weird kid in school. I must have washed my hair 30 times, trying to rinse the color out. It *almost* worked.

You'd think I would have learned my lesson, but before long, I was on the DIY path again. This time, armed with Sun In, I was determined to go blond. But that infamous lightening spray got me nowhere near the bright, buttery hair I was hoping for and instead turned me a strange shade of apricot.

By the time I was 16 and all my color experiments had finally grown out, I left England and modeled for the next year and a half in Milan, Paris, Tokyo, and New York—with my natural hair: pale strawberry, with massive Muppet curls. I longed to try red again, but my agents urged me to wait for "the right moment." I did a few shoots with Christina Hendricks, who was a model at the time [and now plays Joan on *Mad Men*]; she had dyed her own blond hair red and told me, "You absolutely *need* to be a redhead." That sealed it.

About six months later photographer Steven Meisel cast me for a shoot in which he wanted to have my hair cut into a super-short bob—and dyed red! The night before the shoot, I went to hairstylist Ward Stegerhoek's house, and he colored my hair in his bathroom using an almost lethal combination of bleach and Manic Panic. That's what made it so vibrant.

I loved it, but when I came home that night, my agent Eileen Ford [cofounder of Ford Models], with whom I was living in New York, was terrified because the red was so extreme. But then I landed a magazine cover and started booking tons of other jobs—magazine stories, runway shows, ad campaigns, eventually even an iconic YSL Opium campaign. My hair came to define me, since there were so few ginger models in fashion at that time.

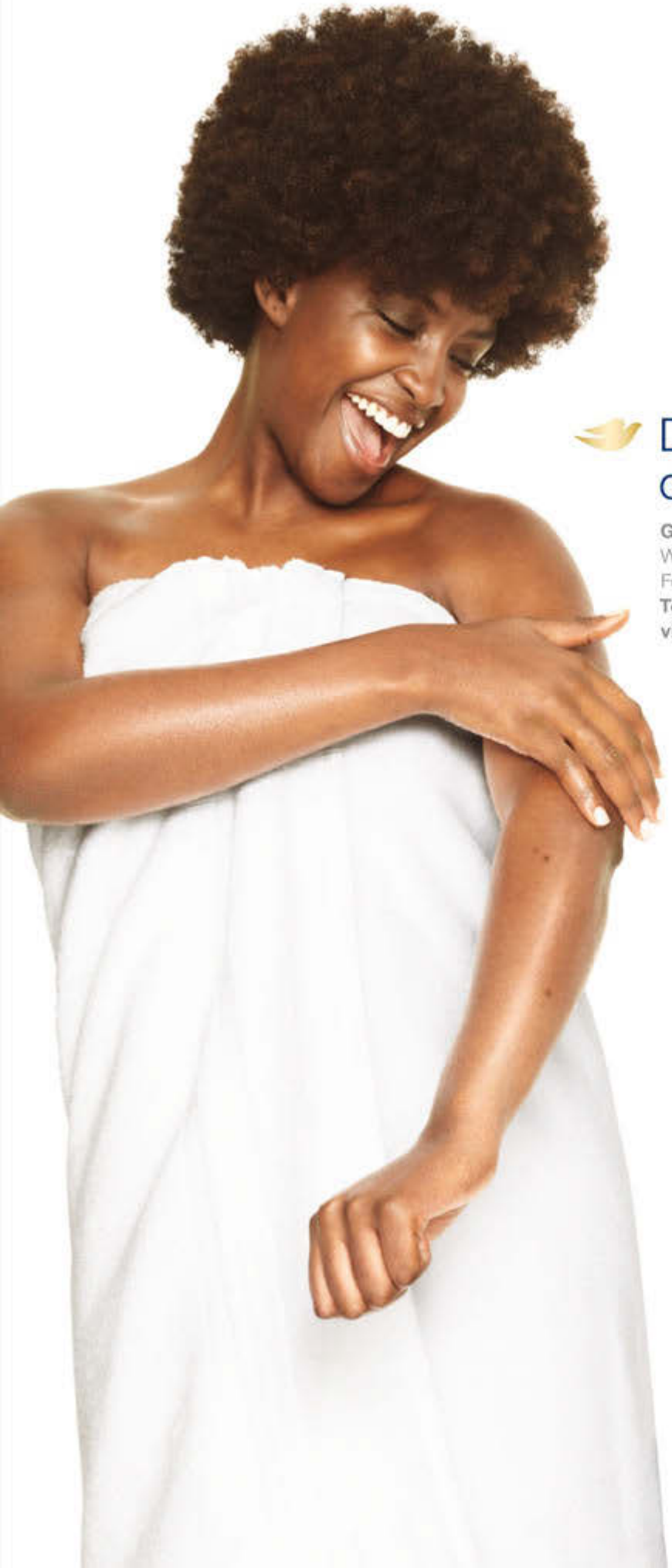
Admittedly, being red is fairly high maintenance. At least once a month, I get touched up by a stylist or do a color rinse to enhance the shade, but that can certainly be damaging. Whenever I've hit hair challenges—like when it's been fried or when, after having my son, my hair fell out in handfuls due to the hormonal shifts—I've feared for my career. That's a lot of stock to put in one's hair! But biotin supplements and the regenerative hair care line Phylia de M. have been lifesavers in helping to restore my thick, healthy curls.

Over the years I've been blond, I've been brunette…I've done it all, and I've enjoyed it. But now I'm a redhead whether I like it or not—proof that the color you're born with isn't necessarily the color you're meant to be! *—as told to Lauren Bernstein*

Follow model-musician Karen Elson on Instagram @misskarenelson.

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So *This* Is How to Wash Your Face

There's more to a good cleansing routine than just soap and water. Here's what you should (and shouldn't) be doing to get the skin you've always wanted. By Maureen Choi



Cleansing. How hard can it be? You lather up, splash with water, rub with towel, done. Turns out, however, there's more to it than that—you could actually be *improving* your skin while you're at it. "The purpose of cleansing is to remove sweat, dirt, bacteria, and makeup from your skin," says New York City dermatologist Neal Schultz, M.D. "But to do that, you need to factor in everything from the products you use and the water temperature to when and how often you're doing it." Another reason to step things up: "The more effective you are at removing all the junk on your skin, the better all the stuff you put on top will work," he explains. Ready for our face-washing boot camp? Here's what to do:

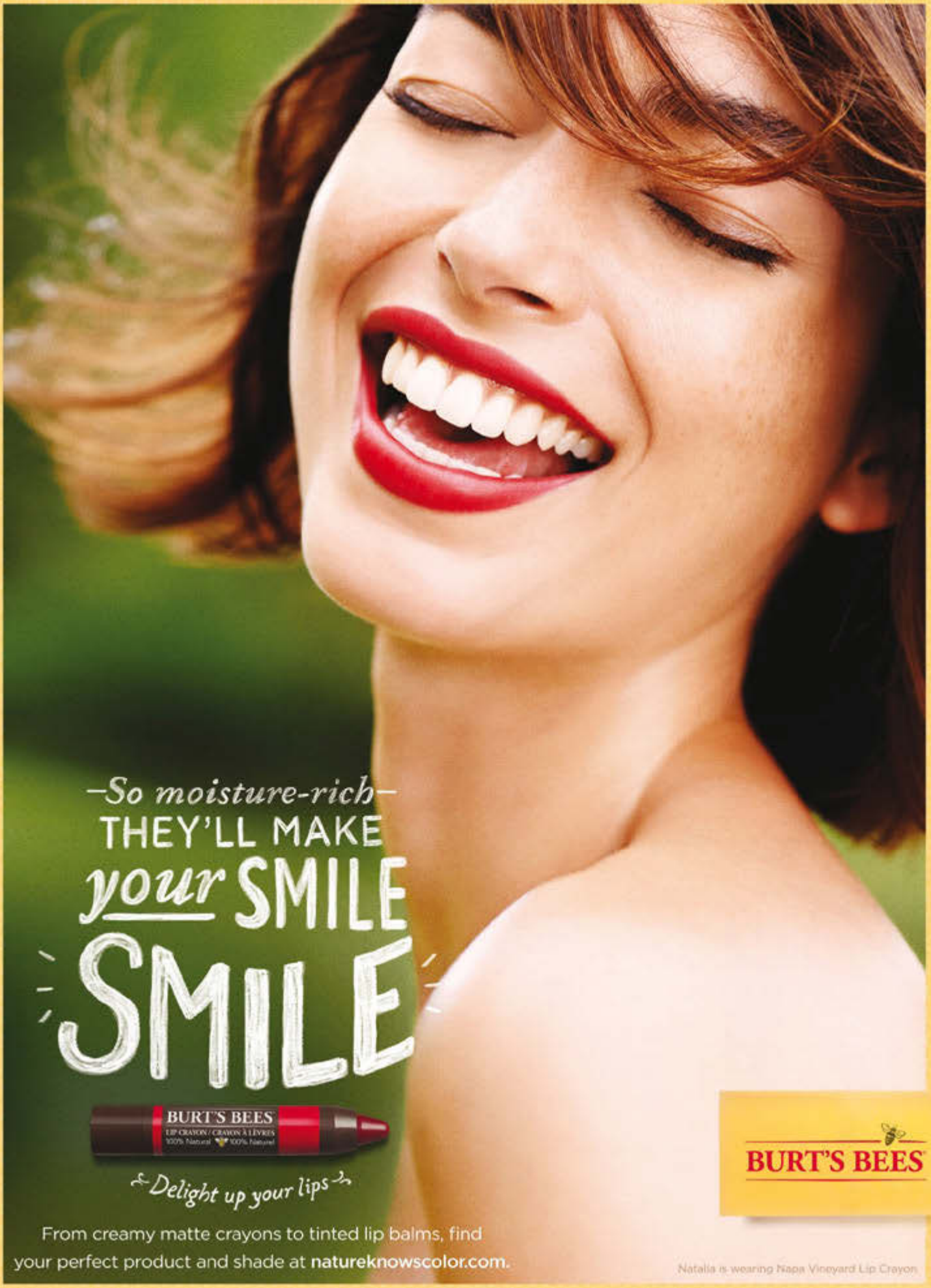
Remove makeup before cleansing. It may seem obvious, but most regular cleansers alone won't sufficiently dissolve heavy-duty sunblock and long-wearing makeup, especially around the eyes, says Santa Monica, California, dermatologist Sonia Batra, M.D. You'll need to do that first, "as gently as possible so you're not rubbing and tugging at your skin," she says. For the eyes, press a cotton ball soaked in oil-based eye-makeup remover over lids, wait 10 seconds so it can dissolve mascara and liner, then wipe away the remnants. For the rest of your face, use either a few cotton pads doused in cleansing water (a soothing, soap-free fluid), such as Dr. Jart+ Dermaclear Micro Water ($32, sephora.com), or cleansing cloths until they come up clean. Once that's done, you're ready to wash.

Know the right way to cleanse, rinse, and dry. The trick is face "swimming," explains NYC epidermologist and facialist Isabelle Bellis. "On damp skin, starting at the corners of your mouth, glide your fingertips, covered with cleanser, up over your nose, onto your forehead, around the eyes, and down the cheeks until you reach your chin," she says. "Kind of like doing mini breaststrokes on your face." Do it for one to two minutes to thoroughly remove dirt and oil. Rinse with lukewarm water (it breaks down residue better than cold and isn't as drying as hot); then pat—don't rub—skin with a clean, dry towel. If you're acne-prone and worried about spreading bacteria, use a few stacked tissues instead of a towel, suggests Bellis. "They're super gentle and germ-free."

After cleansing, layer on skin care treatments. Now that you've cleansed, get

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continued on next page


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Natalia is wearing Napa Vineyard Lip Crayon

the postwash part down pat: Apply whatever products you use (toner, serum, eye cream, moisturizer) within a few minutes, while skin is still damp and pores are open, says Bellis. The only exception is a prescription-strength retinoid treatment, says Dr. Batra; she recommends rubbing that in only after skin is fully dry, to help prevent irritation.

Repeat after us: Facial wipes are not a daily-cleansing solution. Sure, they're convenient, but according to Chicago dermatologist Peter Lio, M.D., "many wipes are loaded with harsh surfactants and preservatives that can cause dryness and irritation if not washed off the skin." His advice: Don't be a wipe-aholic—reserve them for when you're on the go. And follow these guidelines: (1) Choose ones for sensitive skin. They're less likely to contain strong, irritating ingredients. (2) Use efficiently by starting in the center of your face and working to the perimeter. Then turn the cloth over and gently swipe again to ensure that you're lifting makeup and dirt away, not just smearing it around your face. (3) Always, always rinse with water or toner to get rid of any residue.

If you're feeling extra grimy, try double-cleansing. Washing your face twice? We know; it's a lot to ask. But many experts are in favor of it. "This trend has been popular in Japan for years, because it gives a much more thorough cleanse," says Dr. Batra. But don't just repeat the same routine twice. For your first wash, massage an oil-based cleanser—or grab some olive oil from your kitchen—into dry skin (no need for makeup remover beforehand; the oil will do the job). Rinse, then move to the second cleanse, a skin-type-specific formula (see sidebar, right) to get rid of bacteria and sweat. Everyone can benefit from this two-step process, but women who live in polluted areas should consider it a daily must, she says: "Cleansing meticulously is the only way to completely remove pollutants, which can cause dryness and wrinkles over time."

Cleanse before working out. "If you don't remove everything prior to exercising, you run the risk of driving makeup, dirt, and oil into pores when you wipe away your sweat," says Dr. Schultz. To keep things easy, stock your gym bag with makeup-removing wipes and a bottle of toner. No time to shower? Use the toner at the end of your workout too.

The Best Cleanser for Your Skin

Do *you* need a specific formula? Find out here.

IF YOU HAVE NORMAL SKIN

You hit the complexion jackpot and can use pretty much any cleanser out there. "Even a mild, pH-balanced bar cleanser like Dove works great," says Patricia Farris, M.D., a dermatologist in Metairie, Louisiana.



La Prairie Advanced Marine Biology Foaming Mousse Cleanser ($65, laprairie.com)



Dove Beauty Bar in White ($4 for two, at drugstores)



Neutrogena Naturals Purifying Makeup Remover Cleansing Towelettes ($7.50, neutrogena.com)

IF YOU HAVE DRY OR SENSITIVE SKIN

Steer clear of medicated cleansers, as well as ones with fragrances, which can be irritating. Go with gentle, nonfoaming options like balms, oils, and milks that soothe and plump skin.



Perricone MD Blue Plasma Cleansing Treatment ($39, perriconemd.com)



La Mer The Cleansing Oil ($80, lamer.com)



Boots Botanics Hot Cloth Cleansing Balm ($8.50, target.com)

IF YOU HAVE OILY OR ACNE-PRONE SKIN

Look for formulas with ingredients like salicylic acid, benzoyl peroxide, or charcoal. They target breakouts and help keep pores clear, says Dr. Batra. Start out by alternating a day of these with a day of normal cleanser so you don't get too dry.



Murad Transforming Powder ($30, murad.com)



Proactiv+ Skin Smoothing Exfoliator ($40, discover proactiv.com)



Bioré Pore Penetrating Charcoal Bar ($6.50, at drugstores)

BRIDE'S OBSESSION: SCARLETT
BOLDER WEIGHT 65 MEDIUM

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Know whether you're dealing with "hard water." Tried everything above but find your skin still has a filmy feeling? Hard water could be the culprit, says Dr. Batra. "The calcium and magnesium in 'hard water' can react with a cleanser's ingredients, so you don't get that sudsy lather or a clean rinse," she says. Her easy solution: Get a filter for your sink and shower. Or try Bellis' fix: Spritz a generous amount of thermal spring water (we like Eau Thermale Avène Thermal Spring Water, $13, dermstore.com) on freshly cleansed skin, and blot with a soft towel to absorb excess minerals. Simple and effective.

To boost your glow, invest in a facial device. Hands work fine, but a cleansing tool (see sidebar, below) is "highly effective at removing makeup and exfoliating dead cells in a really gentle way," says Dr. Lio. Just "don't use it to the point of redness or peeling." To figure out what works best for your complexion, start by using the brush (with cleanser) once or twice a week, and ramp up use if your skin doesn't become dry or irritated. If skin *still* looks dull, Dr. Lio suggests incorporating cleansers with chemical exfoliants like lactic or glycolic acid once or twice a week, max. But resist the temptation to use a grainy scrub along with your brush; that combination is too harsh.

And while washing your face before bed is always the goal, don't freak out when (yes, when, not if) you slip up. "There's not a huge difference between wearing makeup for eight hours during the day as opposed to eight hours at night, particularly if you sleep on your back," says Dr. Schultz. Whatever happens, just don't overcompensate by scrubbing vigorously in the morning. Instead, cleanse thoroughly right when you wake up, apply a detoxifying mask for five to 10 minutes to help unclog pores, and throw your pillowcase in the wash. Then stash some wipes and a bottle of toner on your nightstand for the next time you're just too tired to make it to the sink.

A Little Face Hardware, Anyone?

These gadgets could take your face to next-level clean. Here are our favorites:

BEST FOR BRIGHTENING

We love its ability to gently sweep away dirt while getting rid of dark spots. And the extra-plush brush feels more like a treatment than a chore.

Clarisonic Mia 3 ($249 for Sonic Radiance kit, clarisonic.com)

BEST FOR CLOGGED PORES

Thanks to the two types of bristles that reach every crevice where oil lurks, our skin looked noticeably clearer, even after just one use.

Clinique Sonic System Brush ($90, clinique.com)



BEST FOR BREAKOUTS

The sheer squishiness of this konjac root (a natural fiber that helps dissolve blackheads) sponge is enough to make us actually *want* to wash our face.

Sephora Clean Machine Konjac Sponge ($15 for Duo in Polish Me, sephora.com)

BEST FOR SENSITIVE SKIN

We're fans of the smooth silicone nubs that lift gunk out of pores and slough off dead cells without pulling at our face. Best thing: no brush heads to replace.

Foreo Luna Mini ($139, sephora.com)

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Health



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Moody Much?

Your body is trying to tell you something, says Julie Holland, M.D. Here's how to listen—and fix the crazy for good.

When I started my psychiatry practice 20 years ago, women came to me confused by their symptoms and unsure of what to do. "I can't understand why I keep waking up at four in the morning," they'd say, or "It's so hard to get out of bed, and I don't really care about anything," or "I'm angry all the time, and I don't know why."

But over the years the conversations have morphed. Now they usually begin something like this: "I can't figure out if I have ADD or OCD"; "Is that new butterfly sleeping pill better than Ambien?" And the one I hear from my established patients: "Is there anything *new* I can try?"

Look, I get it: Our lives are big and messy, and go in directions we would never have expected, and we're told we should handle it all without breaking a sweat. Then, if we struggle to keep up with work, family, and hundreds of "friends" online, we blame ourselves for how bad we feel. In the process we, as women, are ignoring our body's own amazing feedback system: our moods. We are *designed* by nature to be dynamic, cyclical, and, yes, moody. We are moody bitches, and that is a strength—not a weakness. Yet from a young age, we have been told just the opposite. We learn to apologize for our tears and suppress our anger.

Now consider this: One in four American women is currently taking a psychiatric medication. These drugs can be beneficial, even lifesaving; if you've been depressed for weeks, soul-searching alone won't help. But we've gotten ourselves into a situation

continued on next page

where more women are taking antidepressants and antianxiety medications, and staying on them far longer than they were ever meant to be used. (In fact, four out of five antidepressant prescriptions are not even written by psychiatrists but by general practitioners, and more often than not they're prescribed for patients without an actual diagnosis of depression, a Johns Hopkins University study found.) This is lowering the bar for all of us, changing the tipping point for when other women seek chemical assistance.

It's called cosmetic psychopharmacology, and it's not unlike cosmetic surgery. As more women get breast implants, the rest of us feel flat-chested. And so it is with more women taking antidepressants and antianxiety medications. Suddenly, you're the odd one out if you aren't using something to "take the edge off."

But how we live our lives is what dictates mood most. We can improve how we feel by changing behaviors around food, sex, exercise, addictions, and work-life balance. The problem with simply taking pills and puttering along as before is that it's no better than sweeping dirt under the carpet. I want you to take that rug out back and beat the hell out of it. The first step? Understanding why you feel the way you do.

Bitchy Like Clockwork

Some days you feel like a rock star. Some days you feel like a rock. That's because, unlike men's, women's hormones are constantly in flux. They wax and wane throughout decades of fertility, and ebb and flow each month (see below).

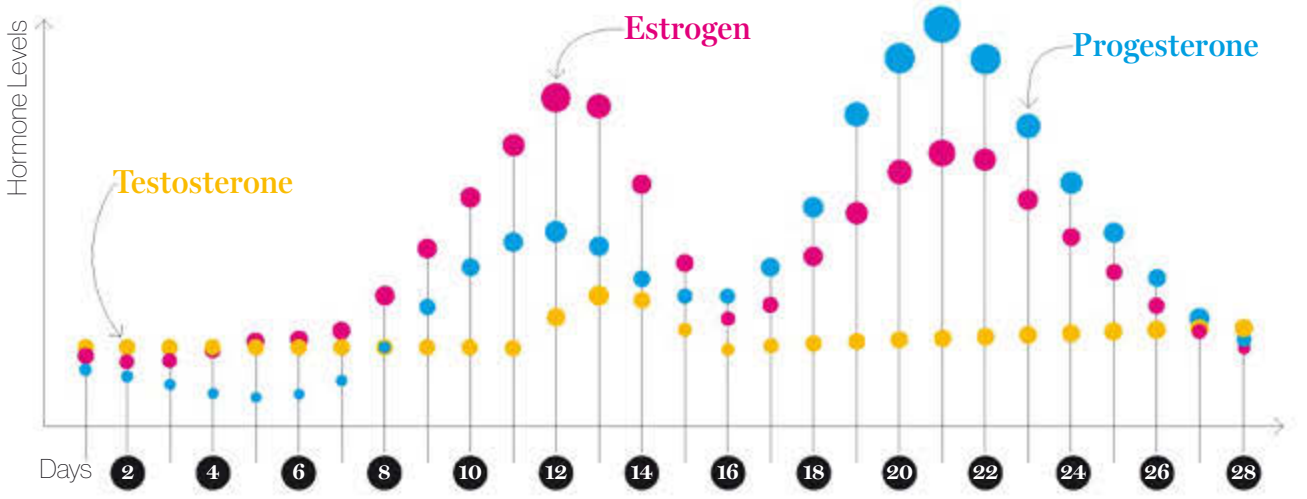
Your mood is likely at its best during the first half of your menstrual cycle, when estrogen levels climb and dominate progesterone levels. A good way to think of estrogen is as the "whatever you want, honey" hormone; it makes you more accommodating. Then, during the second half of your cycle, progesterone begins to dominate estrogen, and your mood starts to waver. Finally, right before your period (typically three or four days), estrogen levels plummet, and so does your goodwill toward others. Welcome to PMS, premenstrual syndrome.

PMS is natural. Not fun, but normal. About 15 to 20 percent of women have horrendous PMS or none at all (only 3 to 8 percent of women of reproductive age meet the criteria for premenstrual dysphoric disorder, or PMDD, an extreme form of PMS). The rest of us fall somewhere in between, and where we lie can shift over our reproductive years.

What causes PMS? Lower estrogen levels prompt serotonin—that feel-good hormone in the brain—to drop as well, which may be the biological basis for many symptoms. Crying at the drop of a hat, having a short fuse, feeling overwhelmed and underappreciated, craving chocolate, and

Make Your Mood Swings Work for You

"Besides giving you a good sense of when you're fertile, tracking your cycle will help you pinpoint when you're going to be more emotionally and physically sensitive," says Dr. Holland. Day one on the chart below marks the first day of your period in a typical 28-day menstrual cycle. Here's how your emotions are likely to roll out (or not—some women may experience none of this!), and how you can cope along the way.



Early cycle

(Days 1 through 14): Estrogen and progesterone levels begin rising, boosting mood. By day five or so, you'll feel alluring, nurturing, and more tolerant of everything from criticism to actual physical pain. Now's the time to accept challenging assignments or do something that requires confidence—like asking your boss for a raise.

Mid-cycle

(Days 15 through 21): You've just ovulated (usually on day 14) and now your sky-high estrogen and testosterone levels are telling you to have sex; research shows this is when you're most attractive to a partner and to yourself. Your verbal and fine motor skills are primed, making it a good time to give a presentation or do any task that requires great dexterity, like painting.

Late cycle

(Days 22 through 28): Estrogen and progesterone levels drop sharply around days 24 and 25, bringing on PMS. Your pain tolerance is also at its lowest. (Don't get that bikini wax now.) The good news? Your hormones are making you kind of nitpicky, so it's an ideal time to tackle tasks that require you to be meticulous, like organizing your closet or planning a party.

Wait! What if I'm on the Pill? The Pill can flatline hormonal levels, says Dr. Holland, but the effects vary: In one study of women who started oral contraceptives, 16 percent said their moods worsened, while 12 percent noted improvement. Most significant: 71 percent reported no change.

continued on next page

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not being able to get off the couch are all fair game during this time. My patients notice that they get snappy and easily irritated by things they would typically let slide the rest of the month; they can let loose with utterances or actions that aren't in their repertoire the other three weeks of their cycle. That's because without solid doses of serotonin, the part of our brain that controls emotions becomes more uninhibited. In other words, the "bitch switch" gets turned on.

But it's not that we're getting upset over nothing; we just usually hide our sadness and anger better. Thanks to high estrogen levels the rest of the month, we're able to put up with all kinds of bull we won't tolerate the week before our period. What I stress with my patients is this: The thoughts and feelings that come up during the PMS phase of your cycle are real. Write down the knowledge you garner when you're more critical, and then reevaluate it as soon as your period ends, when you're feeling more genteel and diplomatic. Keep track of your cycle too. Note when your period starts, when you ovulate, and when mood symptoms occur. Becoming familiar with the natural patterns of your body will help you use them to your advantage; establishing a baseline is the only way to spot changes. The fix for each of us will be unique. But all of us need to stop and listen when we get bitchy. Embracing our moods will make us happier.

The Moody Bitch's Survival Guide

Our hormones can teach us a lot about ourselves, but they can also be pretty damn disruptive. Here, six things you can do if the symptoms they cause become unbearable.

1) Eat a diet heavy on protein and whole foods, and light on carbs.
Keep it simple: Choose vegetables over fruit (they contain less sugar), natural foods over processed ones, and proteins over starches. Eating this way can help your mood—one study that put people on either a whole-food diet or processed-food diet found a 58 percent higher risk of depression in the processed group. Eat a big salad every day if you can. And increase your intake of anti-inflammatory foods (such as ginger, turmeric, blueberries, dark chocolate, green tea, and red wine) as well as omega-3-rich foods (like salmon, halibut, and flaxseed), which have been shown to improve mood and anxiety.



Pour a Glass
The antioxidants in red wine make it a moody-bitch must-have.

"I tell my patients: You deserve downtime, sleep, good food, and sex. But you must be able to be your moody self."

2) Spend at least 20 minutes outside three days a week.
Three quarters of us are vitamin D–deficient due to our diminishing time spent in the sun. Low vitamin D levels correlate with depression, and giving patients adequate doses of it has improved their depressive symptoms. One tip: Take those fashionable sunglasses off for a few minutes; the sunlight needs to hit your retinas to exert its antidepressant effect.

3) Do regular cardio.
Research shows aerobic exercise can be as effective as antidepressants in improving mood and energy and reducing feelings of malaise. Aim for 30 minutes three times a week in the first half of the day (exercising too late in the day can interfere with sleep).

4) Get seven to nine hours of sleep each night.
Consolidated sleep is best. I tell my patients who are exhausted in the afternoon to try not to nap in order to guarantee that uninterrupted block of sleep at night. If you must snooze, be strategic about it: either 25 minutes or 90 minutes, nothing in between, and try to be done napping by 3:00 P.M.

5) Try a supplement.
The amino acid supplements L-tryptophan and 5-hydroxytryptophan (5HTP), available at any health-food store, can help boost serotonin production, as can vitamin B6. Taking a magnesium supplement in the days before your period can lower anxiety, prevent insomnia, and help ease bloating; calcium can lessen irritability.

6) If you still have awful PMS, talk to your doctor.
There are prescription medications you can take just before your period starts. I like Lexapro, which starts working quickly and is easier to wean off. If your PMS *doesn't* go away when your period starts, then see your doctor—it could be depression.

What I tell my patients: Be your own best advocate. You deserve downtime and pleasure, sleep, good food, and sex. Find the healthiest thing that soothes you, and give it to yourself without shame. But to do all that, you must be able to be your moody self.

Julie Holland, M.D., is a Manhattan psychiatrist and the author of the book Moody Bitches, *from which this article is adapted.*

IMAGE SOURCE/CORBIS. ADAPTED FROM *MOODY BITCHES: THE TRUTH ABOUT THE DRUGS YOU'RE TAKING, THE SLEEP YOU'RE MISSING, THE SEX YOU'RE NOT HAVING, AND WHAT'S REALLY MAKING YOU CRAZY*, BY JULIE HOLLAND, M.D. PENGUIN PRESS © 2015 DR. JULIE HOLLAND

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The New 5-Minute Workout

Don't question. Just do.
By Shaun Dreisbach

This is no gimmick: When Harley Pasternak, the Los Angeles trainer behind the A-list bodies of Kate Upton and Megan Fox, combed through more than 2,100 studies with researchers, he discovered one surprising theme—when it comes to strength training, less is more. One British study, for example, found that exercisers who did a quickie routine got just as toned as (and lost more fat than) those who spent nearly 70 percent more time working out. "Small amounts of resistance training trigger hormonal changes that help with weight loss," says Pasternak. "And doing more isn't necessarily more effective." He used that research in his new book, *5 Pounds*, and to make this plan for *Glamour*. Here's how it works: Do *one* move each day of the week (the next week, start at the beginning). Complete the reps, rest for one minute, then repeat twice. Also, take at least 10,000 steps a day (use a pedometer app like Pacer). You'll be fitter in a month. (Dubious? Our tester lost two pounds on the plan—*over the holidays.*) Behold: the answer to your workout prayers.



DAY 1

Reverse lunge (*works glutes, hamstrings, and quads*) Stand with feet shoulder-width apart, hands on hips. Take a giant step backward with left leg, and lower hips until both knees are bent 90 degrees (right knee directly over ankle), as shown. Push through right heel and return to start, then repeat on the opposite side. Continue, alternating legs for 40 total reps.



DAY 2

Superman (*works glutes, hamstrings, and lower back*) Lie facedown on the floor with arms and legs extended in an X shape. Slowly lift your legs, chest, and arms as high as you can, as if you were flying, as shown, then lower to start. Do 20 reps.



DAY 3

Lying triceps extension (*works triceps*) Lie with your back on floor and feet flat, holding a dumbbell (or large water bottle) in each hand. Extend arms straight up, palms facing each other. Bend elbows and lower weights by your ears (keeping upper arms perpendicular to the floor), as shown, then return to start. Do 20 reps.



DAY 4

Stiff-legged dead lift (*works glutes and hamstrings*) Stand with feet shoulder-width apart, a dumbbell in each hand, palms facing you. Keeping chest up, hinge at waist, push hips back as far as you can, and lower the weights to knees, as shown, then return to start. Do 20 reps.



DAY 5

Standing curl and press (*works biceps and shoulders*) Stand holding a dumbbell in each hand, arms by sides, palms facing each other. Slowly bend elbows and curl weights up by shoulders, as shown, then press weights overhead, palms still facing in. Reverse motion and lower to start. Do 20 reps.



DAY 6

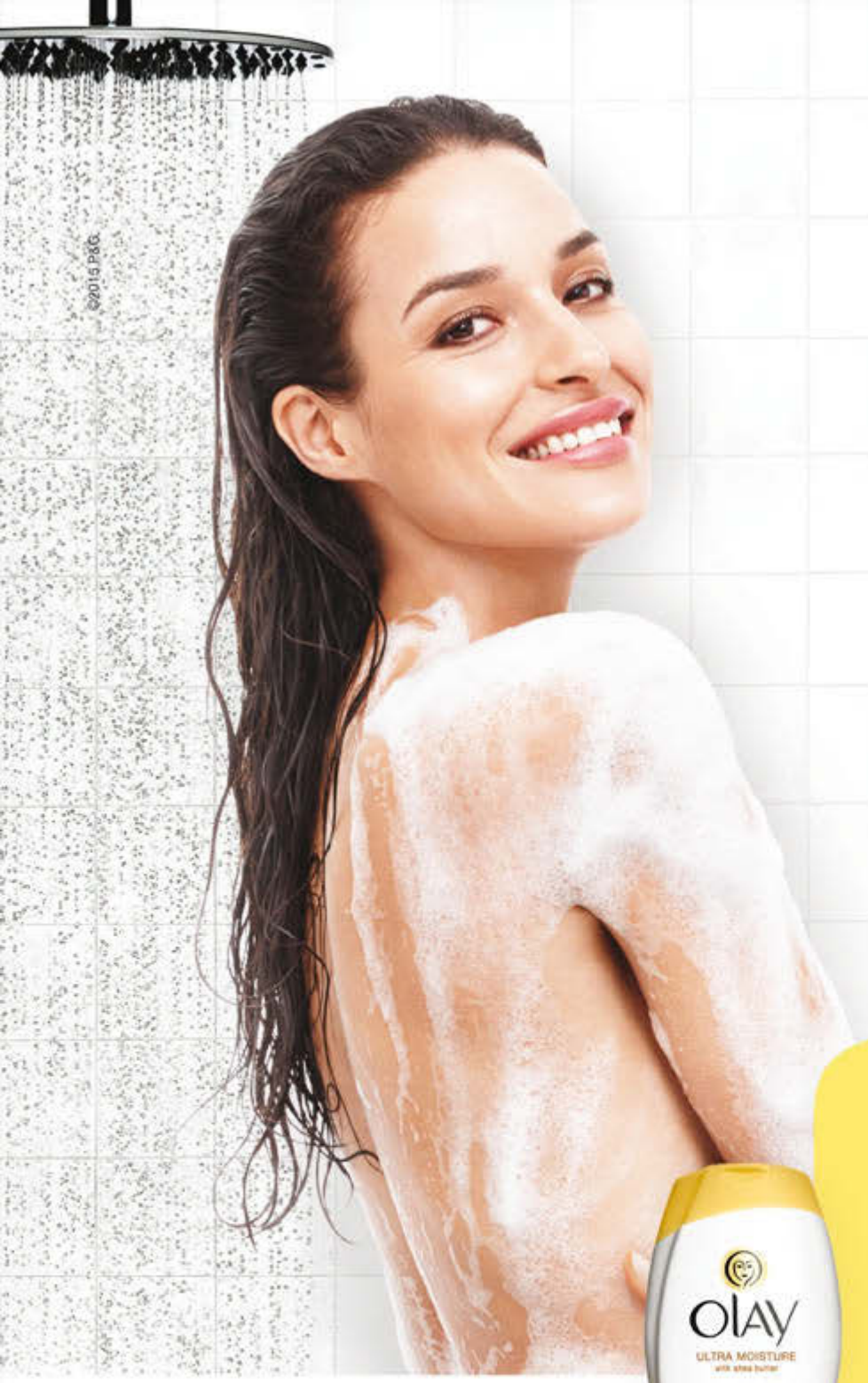
Single-arm row (*works upper back, rear shoulders, and biceps*) Start in a lunge, left leg straight back. Resting right arm on thigh, hold dumbbell in left hand, palm in. Bend elbow straight back, as shown, and lower arm to start. Do 20 reps. Switch sides and repeat.



DAY 7

Standing side bend (*works obliques*) Stand with feet shoulder-width apart, dumbbell in right hand, palm facing in. Slowly drop right shoulder, and arch body to the side, as shown; reverse direction and arch body left, then return to start. Do 20 reps. Switch weight to left hand and repeat.

GEORGIA NERHEIM; HAIR AND MAKEUP: LIZZIE ARNESON. NIKE SHOES. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



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relationships

In Praise of the Epic Love Move

The grand win-him-back gesture works in the movies. But should you go there in real life? **April Prosser** did, and you're going to want to hear what happened.

His name was Sam. He was my first love, my first of many things...but we don't need to talk about that here. Sam and I met waiting tables at a seafood restaurant in Houston. It was the summer before college; I was 18, and he the alluringly adult age of 23. I didn't know how to open a bottle of wine yet, let alone fillet a fish tableside. When someone ordered a Long Island iced tea, I figured it was a regular iced tea with a long name. I came to rely on Sam* for help with such things.

He was a good ol' Texas boy, a big guy with a big heart, and we were immediately obsessed with each other for reasons I can't much remember now. I just loved the way he laughed.

When summer tumbled to an end, I headed to Texas A&M, and Sam moved to Tennessee to help his dad open a new restaurant. I knew we couldn't last. I told him I loved him, but we should see other people too. He didn't like the sound of that. He loved me; he wanted me to be *his*. He faithfully continued calling me every day after his 20-hour shifts. Until one day he stopped.

I tried reaching him at the restaurant once or twice. But I knew he'd given up the fight. I called my mom, and she said I was like a butterfly and he was setting me free.

Yeah, screw that. I didn't want to be a butterfly. I missed him. After hours of deconstructing with my roommate, she said, "Do you want to win him back?" I asked her what she meant, and she smiled—"Road trip?" Within minutes we'd printed out a map: nine hours, 550 miles away. If we left right then, we could make it to Memphis before his restaurant closed at 2:00 A.M.

We spent the car ride singing our lungs out to country songs and rock 'n' roll, windows down, wind in our hair, talking about life and love. It all felt epic. Once he saw me, he would run toward me, hoist me off the ground, and dip me into a fantastic kiss.... I had it all planned out. At 1:54 A.M. we peeled into the gravelly restaurant parking lot, just as he and two other employees were walking out to

Some names and identifying details have been changed.

continued on next page

leave. My heart was racing. This was it.

The rest rolled out in absurd slo-mo: I jumped out of the car, beaming, and said, "Hi, Sam." He looked at me strangely, not recognizing me out of context.

"It's me," I said excitedly.

"What are you doing here?" He was too shocked to sound pleasant.

"I wanted to surprise you." I could feel his coworkers staring at me. "I hadn't heard from you, and I wanted to see you." I waited. Clearly he'd missed the memo on movie moments. In fact, he didn't seem happy at all.

Well, *this* is awkward, I thought.

He started trying to shuffle my roommate and me off to a place to sleep for the night—which, it became obvious, was not where he was sleeping—but the only thing still available was a truckers' motel across the interstate. It was the creepiest place in the history of land and time; the Bates Motel probably had a better Yelp review. The walls were riddled with holes (fist holes? bullet holes?); we tried not to think about what might crawl out of them as we huddled into the same bed, terrified someone was going to break in and kill us. I felt sucker-punched, but we also kept laughing. This was *so* not how grand gestures are supposed to go down.

The next morning I decided to give it one last try. I still wasn't exactly clear what had happened the night before. OK, I was pretty clear, but I gave it another shot anyway: Maybe he'd needed a night to let my grand gesture sink in!

We drove to the restaurant and Sam walked out to meet me. He told me plainly and definitively it was over. I walked away slowly, just in case he wanted to stop me. He didn't.

My roommate took the wheel, and I spent the entire nine-hour drive back sobbing uncontrollably. I kept sobbing until I got home and fell asleep. I woke up in the middle of the night just to sob some more. And then I stopped. I was done. I never cried for him again. I was 18, and, hell, I was a butterfly and he had set me free.

Of course, no one wants to be rejected. Ever. And surely not all extreme win-him-back moves are doomed to humiliating fails. But which ones succeed and why? And even if you end up single, how can you come out on top? Here are a few things I've learned from people who totally went for it:



MARGARET DUROW / TRUNK ARCHIVE

Before You Even *Think* About Trying to Win Him Back, Pause

I wasn't at my most logical when I suddenly got the brainstorm to make that nine-hour drive. You may not be either if you decide to sell your last possession for a plane ticket to your ex. So pause for a second and assess *why* you broke up. If you were dumped and it was for a reason you can't (or don't want to) change, you're probably wasting your time, money, and dignity. But if your flame burned out early due to bad timing, or mistakes you think you can correct, or because you dumped *him*, then by all means go for it. Tiffany Godbehere, 24, an accounting assistant in Santa Rosa, California, had called off her engagement—she'd gotten cold feet over

When Grand Love Gestures Go Wrong

The message from these real-life love fails? You'll recover. Probably.

"I was 23 and totally devastated by a breakup—so when I found out that my ex's favorite bar was hiring, I quit my other—better—waitressing job to work there and try to tempt him back. A strange camaraderie formed: The other girls always made sure I got his table; they even named a cocktail after the death of our love. Shockingly, these gimmicks did not win him over. On the bright side, I scared anyone else off from wanting to date him." —Laura, 35, Los Angeles

"I'd had a thing for this older guy since the beginning of law school. We casually dated for a month or so, but he moved to L.A. after graduation and didn't really seem interested in long-distance. When I was looking for jobs, I took an interview in L.A., just in hopes of meeting up with him and rekindling our romance. That did not work out—at all. But the L.A. firm was an incredible fit for me, and I found the best two mentors a young lawyer could hope for. None of this would've happened if not for that crush!" —Heather, 24, Los Angeles

"My boyfriend took me to Yosemite as a gift. We were on the Mist Trail when he fell pretty badly. Somehow he crawled to the edge of the waterfall—and surprise—asked me to marry him. Yes, I said! But when he took out the ring, it slipped. We dived for it and caught it right before it tumbled off the cliff. He hobbled home happy, but we found out he had broken his tailbone and had hypothermia." —Jillian, 25, Seattle



the fact that her fiancé was six years older. But after a year and a half of seeing other people while still keeping in touch, it suddenly hit her: The age gap didn't matter; this was the guy she wanted to marry. "So I planned a surprise proposal and an on-the-spot wedding, because I couldn't wait to be his wife," she says. "I found a dress, picked out a tux, and had my best friend ordained for a 40-person ceremony in Lake Tahoe. And although he always imagined a huge wedding, he said yes, and we were reunited, engaged, and married on the same day! We just had our second child, and I couldn't be happier."

Don't Show Up at His Door Unannounced

Sometimes—as in Tiffany's case, above—surprising your target works. But I can't counsel you to try it; you're asking for trouble. Consider: Eric, a 27-year-old from Philadelphia, who had been OK when his girlfriend ended their five-year relationship, until she packed up all his things and shoved him out of their joint apartment. He was furious but moved on, even as he learned *she* was having a harder time letting go. Then, one night, as he was celebrating his birthday with friends, he heard a knock on the door. "My ex is standing there, holding a cake with 25 candles, wanting to get back together," recalls Eric. "She asked me if she could come in, and I said I didn't think that was a good idea. Instead I took the cake from her and then sent her off with a box of her stuff." He realized it was brutal but says, "I knew I needed to make a gesture of finality for both of us."

Decide to Win, Whatever Happens

There's no way around the fact that you're putting your heart on the line. But you're also finding out exactly where you stand. Catherine, 24, a New York City editor, had spent all her money on a ticket to Dublin to reconnect with a guy she'd hooked up with studying abroad six months earlier—only to discover he didn't want to be with her. Alone and strapped for cash, she bumped into a girl she knew from school who, in a wild coincidence, had come to see a guy *she'd* met traveling and was facing a similar brush-off. "Lizzie and I spent 10 days drinking cheap ciders at weird hours, commiserating about our failed love lives and reckless financial decisions," says Catherine. "Neither of us managed to make our guys see the error of their ways, but we became such good friends that, two years later, we're roommates."

The point: A big gamble can have big rewards. Brian, now 30 and a marketing consultant from Austin, Texas, was crazy in love with his college girlfriend. When she decided to spend her last year of school in Europe, their relationship fell apart—and as it did, he was more and more desperate to get her back. The one thing he knew was that on the weekend of November 13 she would be traveling to Rome. "It wasn't much to go on, but it was my only shot," he says. "So I sold my motorcycle and bought a plane ticket to Italy."

He walked through the city all day and night Friday. No luck. Saturday he sat at the Spanish Steps for eight hours scanning the crowds. Nothing. His cheap flight home was leaving Sunday at 8:00 A.M. "By the time I got back to my hostel, I had no girl, and my whole net worth had been reduced to coin money. I was beaten," he says. "Sensing my despair, my new Australian hostel friends took me out for beers. When I walked into the bar, I saw her immediately. And when she spotted me, you've never seen anything like it. It was shock. Happiness." They walked the streets until dawn, talking and drinking. "I kissed her like it was for the first time," he says. "And in that moment, neither of us could imagine anything more perfect."

They dated on and off for years, but—as happens in real life, if not the movies—they eventually broke up, and Brian married someone else. Still, he has never had to wonder if he let The One get away. And that's the great thing about the grand gesture: In a dating world where we shield ourselves behind emails and texts to avoid rejection, there's something brave and beautiful about actually putting yourself out there for love. Who knows, maybe you'll both live happily ever after, or maybe you'll be a butterfly. But at least you'll know the truth. And you can never go wrong with that.

April Prosser's film script Plus One *is being produced by Will Ferrell and the Weinstein Company; she also wrote* The One That Got Away *for Amazon Studios.*

GUILT-FREE ZONE:

HEY, IT'S OK...

...if your cooking style is just a variation on a theme. And that theme is noodles.

...to celebrate the return of *House of Cards* by speaking solely in Frank Underwood–isms: "Every kitten grows up to be a cat" *kills* them at office meetings.

...to be both grossed out by and ever-so-slightly jealous of couples who make out in the street.

...if the $85 you paid to the gym last month wasn't so much for services rendered as it was a donation.

...to never ever want to call anyone your bae. You've googled it.

UMM, *NOT* OK...

...to complain with a straight face about having too many friends. Oh boohoo, you're busy!



Jake: A Man's Opinion

Is She The One?

Jake has a girlfriend. But she's in...wait for it... Australia. How he's dealing could teach us all something about love.

So, readers, your Jake is in love. Yes, it was just over a year ago that I began writing this column, still reeling from my divorce. Now I've gone and said those three magic words. To a woman who is not my grandmother! And best of all, they were reciprocated. Of course it's complicated: She lives in Australia, and I'm still here in Los Angeles. Also, this ain't my first long-distance rodeo; things with my ex began as a long-distance relationship, so my friends are, well, curious about this apparent pattern of mine. But I've come to learn that living continents away from someone doesn't have to be an impediment to love. Here's why.

It Ends the Games

I met the woman I'll call Olivia (after my childhood crush Olivia Newton-John) when I was visiting a friend in Australia. We spent an incredibly fun week exploring Sydney together. Would we have jumped right in if we lived in the same city? Probably not. But the usual games (one date per week, etc.) didn't apply, and without them we fell for each other hard. It reminded me that—wherever you or your partner live—dating "rules" just get in the way.

You Communicate More, Not Less

After I went home, Olivia and I skyped about our future: Would we see each other again? (Yes.) Would I consider moving to Australia? (Only if my cat could join me.) Would she move to L.A.? (Maybe.) Fast, I know. But that's one upside of conflicting time zones: They encourage focused, quality conversations. Instead of texting constantly about nothing, Olivia and I actually communicated. Which is a good lesson for any relationship: Make sure all that talking includes some real, you know, talking.

You Learn That Distance Isn't About the Miles

My ex-wife was still putting her life together when we met, but she was very firm on one issue: no kids. Olivia, on the other hand, has a career and, just like me, wants children. Yes, we're geographically challenged, but Olivia and I are closer on the big issues than my ex-wife and I were. Turns out the distance between cities doesn't matter as much as the distance between your goals.

As I write, I'm headed back to Australia to meet Olivia's family. Crazy? Sure. But isn't love supposed to be a bit crazy? Wish me luck!

Jake is a not-so-single guy living in L.A.

Have a question for Jake? Tweet him @glamour_jake and read his advice at **glamour.com/about/jake.**

What Men Think:

57% of Guys Would Try Long-Distance

OK. But will he cheat? Love you *more*? We asked 1,300 men how they would do. By Emily L. Foley

Men: Would you ever consider dating someone long-distance?

Sure, if I really liked the girl, I'd think about it 57%

No, the effort is rarely worth the payoff 43%

OK, for those of you who've actually done the long-distance thing: What's the hardest part? (Select all that apply.)

The lack of physical contact 73%

Feeling lonely—not having the person there when you need her 53%

Constantly working to feel connected 37%

The cost. All those flights and phone minutes add up 30%

Now be honest: What's *great* about dating long-distance? (Select all that apply.)

Having more time for the things I want to do—nights out with the guys, working late with no guilt, etc. 64%

Everything feels new and exciting when we're together 53%

Nothing 6%

In your most recent long-distance relationship, what was your sex life like?

Not gonna lie: I had to, um, take care of myself a lot more than I used to 45%

We maximized our bedroom time when we were together, so we were OK when we were apart 31%

Phone sex, Skype sex, sexting—we always managed to keep things spicy 17%

We kept things open, as in open to hook up with other people 7%

Did you ever cheat while you were dating long-distance?

No 78%

Yes 22%

Can long-distance work if there's no end in sight?

No way 68%

Yes. If it's real, it'll last 32%

ACP/TRUNK ARCHIVE. SURVEY DATA COLLECTED FROM 1,326 MEN AGES 18–44, DECEMBER 23, 2014–JANUARY 3, 2015, USING SURVEYMONKEY AUDIENCE



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My Zo-Called Life

Why Women Stay Too Long in Relationships

Glamour columnist **Zosia Mamet** has been down that road. So no judgment here—just insight on how to (finally) move on.



Recently, while cleaning out a closet, I found a letter from an ex-boyfriend. He had written to me after I'd broken up with him, the first of many breakups between us. I reread the old letter and, in hindsight, wondered why on earth I had stayed with him for so long.

We dated for over a year, and for every minute of it, I was miserable. This guy had a great job, rad friends, and a good apartment. He was clean, hot—and oh, we had the best meet-cute ever. It was full-on fifties-movie style: He was the first and only guy to ask for my number…in a diner…*on New Year's Eve*. But this guy was also most definitely, completely wrong for me, and me for him. I felt like he dismissed my feelings—sadness, frustration, basic emotions—as hysterics. We had nothing to say to each other because we had pretty much zero in common. With him, I felt intensely insecure and, overall, just sad. Finally, at my wit's end, I went to my family's rabbi for advice and described the situation. He pondered for a moment, looked me square in the eye, and said, "*Run*." Based on the way I was describing things, he told me, if I didn't get out now I might *never* leave, and I knew he was right.

I like to think I'm a pretty intuitive, intelligent human, so why did it take a Teacher of the Torah to reality-check me out of a relationship I knew with every fiber of my being was wrong for me?

A huge part of it wasn't necessarily a fear of being alone, but a fear of throwing away a good apple, maybe the *last* good apple. We're brought up on these tales of Cinderella and Snow White, the lonely girl finally meeting her Prince Charming and being whisked away into the sunset. Then we hit the grown-up dating world, and an ugly fluorescent light is cast upon this love fairy tale, revealing a bleak, lonely desert. So when someone comes along who's "good on paper," we hold on for dear life, even if being with that person, *off* paper, in reality, feels like sh-t.

My fear of letting go of what might be the best guy I could get paralyzed me. Every rational voice in my head screamed, "Get out," but my fear told me, "What if this guy is the love of your life and you're too narrow-minded to realize it?" My jaded mind started to think epic love existed only in fairy tales. Maybe this awkward, lackluster, kind-of-depressing relationship was what grown-up love felt like. And besides, I justified, who wants to dive back into the dating pool? That sh-t is scary and involves staying out too late and putting on makeup—*ah!*

So, fear. Fear in all forms makes us stay too long in relationships when we know we shouldn't. But as Simba the lion cub once wisely said, "I laugh in the face of danger." So I listened to *The Lion King*. I laughed in the face of danger, and I broke up with him once and for all. I even threw his toothbrush in the ocean as, you know, a cleansing action. And for a while I was lonely. Then I dated a few assholes, but my barometer was better and I got out faster, leading to a little more loneliness and another asshole, and then it led to love, a love so great I never could've imagined it. This guy—the new guy—finds my emotional demeanor endearing. I could talk to him for hours, or sit in silence and be just as happy. He makes me feel full and supported and safe. He is the love of my life and my best friend. I laughed in the face of danger, and I lived to tell the tale.

A dear friend of mine once said, "Do it until it feels good; if it doesn't feel good, stop." I think that's pretty sage advice. So I'd like to encourage you all to check in: Does your relationship feel good? If it does, stay. If it doesn't, well, you know what to do.

Zosia Mamet (@ZosiaRMamet) is an actress on Girls.



Caution Ahead If only dating came with street signs, amirite?

DEAD END: PETER CARROLL/FIRST LIGHT/CORBIS. MAMET: KEVIN MAZUR/WIREIMAGE

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At Home in the World
In my apartment, with a favorite photo of me and my mom.

Rachel Comey dress. **See Glamour Shopper for more information.**

Real Life

"What Are You?"

For as long as I can remember, friends, colleagues, and strangers have asked me this question, unable to place my ethnicity. I've never had a satisfying answer—until now. By Simone Kitchens

This is what I look like to you: I'm brown. Various shades of brown. Dark brown curly hair, darker brown eyes, skin a tan sort of brown. You might think I'm black or part black, but most people have trouble pinpointing my race. I do too.

I've gotten the "What are you?" question about once a week for the past 20 years, ever since I heard it for the first time in the girls' bathroom in sixth grade. I was looking in the mirror when a girl at the sink yelled over, "Are you mixed?" She was black. She came closer to get a better look. "What are you?" she asked. A group of girls, her friends, studied me as well.

"I don't know," I said.

The girl went back to drying off her hands and said, "You're half-black." She was matter-of-fact, as if she were filling me in on something I wasn't aware of.

From that moment on, I've known myself as a half-black person. But "half-black" has never felt like the whole story.

I grew up with my mom, who was adopted and didn't know her background. I look like her; she's brownish too. I always had my mom for reference, and while I didn't know my dad, I didn't think a lot about why I look the way I do. Still, as a brown girl in Oklahoma, there were times when I noticed I was the only nonwhite person at a roller-skating rink or food court.

Some mixed people feel they've lived a black experience in America. President Obama, who is mixed-race, once said: "I self-identify as African American—that's how I'm treated and that's how I'm viewed. I'm proud of it."

In many ways, I identify. At times I've also gotten the feeling that people are assuming something about me, trying to

HAIR: JOSEPH MIANO; MAKEUP: MARI SHTEN FOR ABTP.COM

Photograph by **James Ryang**

place me. I get it—skin tone isn't an easy thing to sort out. (And if anyone *should* understand skin tone, it's me: I'm a beauty editor. I've worked on stories about how hard it is for women of color to find their true foundation shade, a frustration I've experienced firsthand.)

When it comes to people's curiosity, this awareness of my skin tone, I've heard it all. The conversation usually goes like this:

"Where are you from?"

"Oklahoma."

"No, but where are your parents from?"

People seem unsatisfied when I say my parents are also from Oklahoma; perhaps they're expecting something more "exotic." By the time I was in my twenties, my response to the question took on a "Sorry, can't help you" tone. A friend joked that when a group of people looked at me for a little too long, they were playing Guess Her Race. What I never admitted was that I was playing the same game. My biggest insecurity was that I didn't have the answer.

Checking the Box—or Not

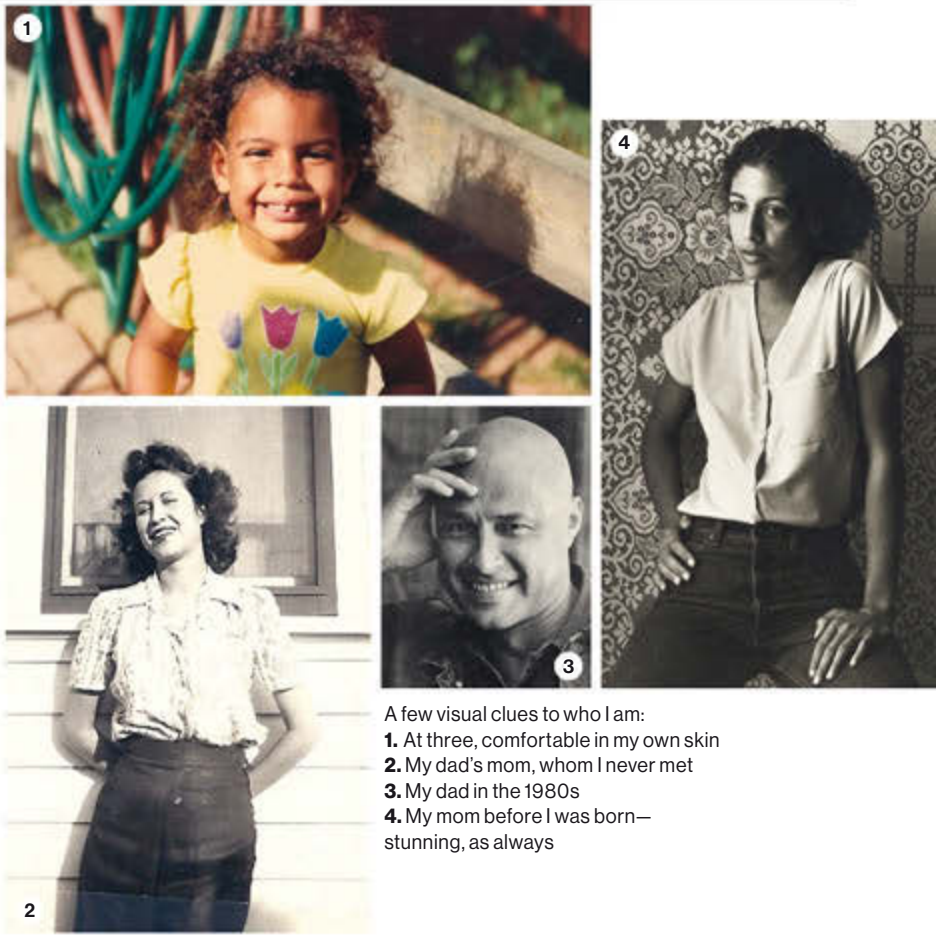
When I applied for college in 2002, I had to state my race. On the application there were six options, and I was instructed to choose one: Caucasian, African American, Hispanic, Native American, Asian, or Other. I identified with a few of these, but not fully enough that I felt I could legitimately tick only one, so I checked "Other," then wrote "See essay" next to it. I wrote honestly about how it felt not to know, and then to have to choose an option as faceless as "Other." For better or for worse, my identity could not be contained in a box.

I finally met my dad and his side of the family a few years later. In them I found a loving group of people—siblings, aunts, uncles, cousins—who embraced me. I also found out more about my ancestry. It turns out his side of the family is part German and part Native American, though if you saw my dad walking down the street, you'd probably think, White guy. I was so happy to connect and learn more about myself and my family, but I still couldn't relate it to the tone of my skin.

Then I moved to New York City, a place where everyone on the subway looks like they're from somewhere else. I still got the question, but now people took the liberty of telling me what *they* thought I was: "You look Egyptian... Brazilian... Dominican...."

"I'm not sure," I'd say with a smile. This was the way I lived my life—I'd become seemingly comfortable with the unknown.

And then the impossible happened. A year ago, after a lifetime of near misses, my mother met *her* birth mother. Here, I thought, was the missing link to what I was, and maybe, finally, an answer. My maternal grandmother, I discovered, is Irish and part Native American. But, frustratingly, there were few clues about my mom's birth *father,* my grandfather—a man who doesn't look that brown in the one black-and-white photo I've seen. I still didn't feel any closer to understanding why I'm this color.



A few visual clues to who I am:
1. At three, comfortable in my own skin
2. My dad's mom, whom I never met
3. My dad in the 1980s
4. My mom before I was born—stunning, as always

COURTESY OF SUBJECT

Time to Turn to Science

Then, last spring, I learned that Henry Louis Gates Jr., Ph.D., would be speaking in New York, and I knew I had to hear him. With his PBS show, *Finding Your Roots,* this pioneer in ancestry research has helped many celebrities trace their backgrounds. He's also a proponent of genetic testing kits like 23andMe, now easily available online.

At the end of the lecture, I introduced myself to Gates and mentioned that I was from Oklahoma. His response: "I was going to say you look Native American." My heart sank. Here I was in this room, with a lot of other black people, and I didn't look black to Henry Louis Gates Jr., one of our nation's foremost experts on race. I ordered a 23andMe kit the next day. I had to know.

The kit costs $99 and is simple to use. You spit (a good amount) into a plastic vial, close it up, and send it off. It takes about three weeks to get your ancestry reports. The wait felt like an eternity.

When the email arrived, I was with two of my best friends, Rightor and Elizabeth. I held up my phone, pointing to the message that would reveal my race, my identity, my everything. They went silent.

When I'd dispatched my kit, it had never occurred to me that I might not be ready to receive this information. Now I realized: I didn't want to open the email—not yet. Suddenly, certainty didn't seem so exciting.

Rightor whispered, "I do still hope you're part black. You're our half-black friend." We all laughed. I'd gotten used to being the brown friend among white friends. Now this message had the power to change my idea of myself.

I had taken the test last June, in a time we could call pre-Ferguson, pre–Eric Garner, two tragedies that drastically shifted the conversation around race in our coun-

continued on next page



My Family, Myself
With my older sister on her wedding day

try. Now, as the email waited in my inbox, I watched what felt like injustice on repeat. I kept asking myself, Where do I fit in?

When I went to the Millions March NYC protest in December, I stood shoulder to shoulder with blacks, whites, Asians, Hispanics. Still, I wondered: What am I, here in this crowd? One of the oppressed? An empathizer? An outsider? I realized that while I'd been searching for the answer to what I was, I'd also been looking for affirmation of the black part of me. I wanted to belong to that group because I *did* identify myself in that way. But what if technically, genetically, I didn't belong? I was scared to find out.

The test results sat in my inbox for months. Then, one day, it hit me: I could know or not know. Live my life being safe, like I've always done, or take this leap. I was searching for answers, but did I actually want to hear them? I hadn't been ready before; now all of a sudden, for some reason, I was.

My hands shaking, I opened the message. A map of the world popped up, indicating I had roots all over. Almost every continent was highlighted in a bright color. The cold, hard science, the letter told me, was this: I was 67.8 percent European and just 2.9 percent West African; about a third of my DNA was labeled "unassigned."

I had a moment of feeling, What the f--k? I'd waited 30 years only to find out that a good chunk of me was still a mystery, *even to a genetic-testing company*? I read further. As it happens, DNA that traces from multiple continents is labeled "unassigned." I also learned that Native American DNA is hard to test for, since there are few reference populations available to provide samples. (The Native American sample pool used for my analysis is smaller than the European samples.) With a good portion of my genetic makeup still unknown (mostly the not-white portion, it seemed), I went to bed feeling hollow.

When I started this process, my initial excitement had been clouded by a thought: More actual facts about my history might close off the possibility that I could be black, Brazilian, Dominican, fill in the blank. All my life there's been a chance that I could be a lot of things, and I've embraced that. Feeling unattached to groups and hard to categorize had become the most defining part of me. *Not* having a fixed identity had *become* my identity.

The day after I opened the email, I went through my morning, still feeling disappointed. As I crossed the street, a black man passed me on the left. At the same time a white woman came toward me on my right. For the first time in my life, it flipped for me: Before, I wasn't sure which one would have thought I was part of their culture, what they would have called me. But in that moment, I saw parts of myself in both of them—I could identify with each one and, for that matter, whomever I wanted.

I flashed back to the Millions March, to all the faces on the New York City subway, to that sixth-grade girl looking in the bathroom mirror. What I had been seeing were just skin tones. I'd spent so much time trying to understand my own color, but as it turned out, there was something empowering about the fact that I didn't have to take ownership of any particular race. I realized: I could be *what* I was by being who I was. My search led me to my father's family, whom I adore, and to my mother's family, whom I'm getting to know—and, most important, to myself. The daughter I am, the sister I am, the friend I am. This is who I am. No email could ever change that.

The next time someone asks what I am, my response will be ready: "I'm Simone. What are you?"

Simone Kitchens, Glamour*'s deputy beauty editor, lives in Brooklyn.*

These Four Women Were DNA-Curious Too

They used 23andMe to explore their genes. The results? Both touching and shocking. By Anna Maltby



"I wanted to know, what's my mix? The test led me to a cousin who grew up in Norway, in a house built by my great-great-great-grandfather. When I visited, I felt closure, imagining my ancestors looking out at the same views." —Rachel Kilgore, 28, Los Angeles



"I'm adopted and mixed-race, and grew up in a very white town. My highest correlation turned out to be Ghanaian, so I went to Ghana to volunteer in an orphanage. I arrived and felt, *Wow, I'm home.*" —Alyssa Gradstein, 31, San Francisco



"I discovered that my sister and I may have different fathers. That's caused a lot of tension, but I think it could be a source of clarity and healing. This may explain why we're so different." —Shanikka Griffith-Jackson, 43, Seattle



"My husband and I are keepers of our family histories, so we bought kits for each other as gifts. It turns out, I'm more Neanderthal than he is—yes, that's an actual category!" —Caitlin Abrams, 28, Arlington, Vermont

COURTESY OF SUBJECTS



***Girls'* Girls**
Meet the women who've shaped Lena Dunham's world.

10 Women Who Changed My Life

By Lena Dunham

In a new column, we ask: Who's made you *you*? The *Girls* star kicks things off by handing out her personal trophies.

1. SHERYL SANDBERG
COO of Facebook

"With *Lean In,* Sheryl gave women a constructive guide for pushing feminism into the work space. She also has the glossiest hair; she's like the Connie Britton of the tech world."

2. AUDRE LORDE
Poet and activist

"Audre fought for equality from the sixties until her death, in 1992. Her quotes have the power to pull me up out of bed."

3. SHIRLEY KURATA
Stylist

"It took me a long time to find the people in Hollywood who understand me. Shirley and I share a sense that clothes are about more than looking sexy: They're about humor and cultural commentary, and color, color, color."

4. JENNI KONNER
Co-executive producer of Girls

"Jenni and I started a production company founded on our belief that there aren't enough projects reexamining gender in interesting ways. It seems like she's been my best friend since kindergarten. If she doesn't text me for an hour, I think she's dead."

5. CECE McDONALD
Transgender activist

"When CeCe was violently attacked for being trans, she fought back, but then she was put in prison for 19 months. CeCe turned that injustice into advocacy for the trans community. Watch her on YouTube—such poise and comic timing."

6. MEGAN ELLISON
Film producer

"Megan produces daring stories that don't feature superheroes or dumb girlfriends. Having a dear friend who is my age, female, and owns Hollywood like she's Don Corleone has been more life-affirming than I can say."

7. ASHLEY FORD
Writer

"Ashley and I fell in love via social media, and then she flew from Indiana to meet me. We were both convinced we were being catfished. Now Ashley writes for BuzzFeed, and everyone can read her pieces about gender, race, and Kenny Loggins."

8. RHEANNE WHITE
Hairstylist

"Rheanne is a close friend, an amazing mother, and treats hair like it should be treated: as self-expression and fun."

9. SHONDA RHIMES
Producer of Scandal *and* Grey's Anatomy

"Shonda has taken over a full freaking day of the week with her addictive programming. She's done it unapologetically. And *Scandal* has made wine and popcorn seem like a viable, even healthful, meal."

10. AUDREY GELMAN, JOANA AVILLEZ & ISABEL HALLEY
Political strategist, illustrator, and artist, respectively

"My three oldest friends: Audrey, who makes the workings of city government appear sexy; Joana, whose work is both whimsical and hip; and Isabel, whose ceramics are the perfect accents for a table. I'm counting them as one dame because together we are a unit." G



Strategist Audrey Gelman

Dunham is the creator of HBO's Girls *and author of* Not That Kind of Girl.

.com Who would make your list? Tweet us **@glamourmag #inspiringwomen.**

DUNHAM: **TOM MUNRO.** GELMAN: OWEN HOFFMANN/PATRICKMCMULLAN.COM.

The Conversation

What's Making Headlines This Month...

A Washington breakthrough, the strange guy behavior we want stopped, and more to discuss!



Tough climb ahead? Rep. Martha Roby, here on the House steps, is ready.

In January 104 women (a record!) were sworn in to the 114th Congress. *Glamour* asked five of the youngest ones (all under 40) what they want to do first:

"As a working mom, I have a huge appreciation for time. My plan is to reintroduce the Working Families Flexibility Act to allow some hourly employees to trade their overtime for paid time off. We can't legislate extra hours in the day, but it's a way to give moms and dads some flexibility." —Rep. Martha Roby (R–Ala.)

"I was homeless for several years of my childhood, so I want to say to other young women, 'You can become anything you want.' We need to be sure that women get access to education opportunities, so we're working to increase STEM education at the elementary school level." —Rep. Kyrsten Sinema (D–Ariz.)

"Last year's VA scandals are in danger of being forgotten. Too many of our veterans are still waiting in line to see doctors. As a combat veteran, I'll continue fighting for my brothers- and sisters-in-arms." —Rep. Tulsi Gabbard (D–Hawaii)

"I cofounded the Kids' Safety Caucus, a bipartisan caucus of moms and dads focused on making children's lives safer. As a mom, I'm working on commonsense solutions—for example, preventing the selling of expired baby formula." —Rep. Grace Meng (D–N.Y.)

"I was the ninth woman ever to give birth while in Congress, and I now have a one-year-old who faces complex medical issues. I'm excited about my bipartisan bill to allow kids like her to get better care and have better outcomes." —Rep. Jaime Herrera Beutler (R–Wash.)



"As a war correspondent and a mother, I've learned to live in two different realities.... I choose to live in peace and to witness war—to experience the worst in people but to remember the beauty."

—photographer Lynsey Addario in her new memoir, It's What I Do



Farewell, Manspreading!

You know the guy on your train or flight with his legs spread so far apart he takes up two seats? We're not a fan. And neither is New York City's Metropolitan Transportation Authority (MTA), which is tackling "manspreading" via its recent Courtesy Counts campaign. Sitting in such a way "is intimidating behavior, some would say a form of harassment, and we felt an obligation to take it on," the MTA's Paul Fleuranges tells *Glamour.* Comic Mandy Stadtmiller says guys are only hurting themselves when they go spread-eagle: "Nothing says 'Hi, you should avoid me at all costs' like a nice, wide manspread," she notes. While the campaign is being cheered by women, some guys are outraged: "#manspreading is feminism's war on masculinity," tweeted one. Eh, pick your battles, guys; a gentleman keeps his legs closed. *—Mackenzie Dawson*

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SEPHORA

Edited by Danielle Kosecki



Secrets of Women Who Love Their Jobs

Yes, it is possible to lean in and like it!
By Sara Stewart

Close your eyes and think about your job. Are you happy? Miserable? Meh? We all go through ups and downs at work, but if you find yourself constantly dreading work, you may have hit The Slump. First off, know that it's normal; according to a Dutch study, employees in their late twenties to early forties experience lower job satisfaction and higher emotional exhaustion than their older and younger peers. The irony is that The Slump often happens as your career's heating up: As you grow in a job, the competition for promotions increases, which can take a toll on work friendships and create more stress, says study coauthor Hannes Zacher, Ph.D., associate professor of organizational psychology at the University of Groningen, in the Netherlands. A decade is a long time to dread going to the office, so *Glamour* asked experts to weigh in with specific strategies for these crucial years. Here, a guide to getting your office mojo back.

Pretend You're New on the Job

"The initial phase of work is exhilarating because the learning curve is so steep—we feel more motivated when we're learning. So find new things to master, like public speaking. And it sounds surface, but when you start a job, you tend to dress up, which can give you a mood boost too. Finally, when you're new, you extend yourself to meet up with coworkers. Get back in that habit. Just looking up as you walk around the office makes a difference."
—Nicole Williams, career expert at LinkedIn

Work Smarter, Not Longer

"Avoid playing 'who can work the longest.' Competing for the boss's attention this way is exhausting, and it's one reason people begin to dread their job. Instead, focus on the *results* of your work. That's

TOMMY TON/TRUNK ARCHIVE

continued on next page

what you got hired for. Do good work, and it'll become louder than how many hours you put in."
—Jody Thompson, coauthor of Why Work Sucks and How to Fix It *and cocreator of the Results-Only Work Environment (ROWE), a human resources management company*

Do Something (Else) You Love
"I've been a stress doctor for 30 years, and I've never seen a patient who had balance in their life *outside* the office get burned out. Whether it's playing guitar or goofing off with friends, make sure you have something that takes your mind totally away."
—David Posen, M.D., stress specialist and author of Is Work Killing You?

Create the Job You Want
"There's a strategy called job crafting; it means customizing your job, and it can foster more satisfaction. Try these three things: First, change *how* you work. For example, if sending and answering email bores you, find ways to reduce the volume. Second, change *who* you interact with—cultivate relationships with people you like, or become a mentor. Third, find the *why,* or the meaning, in your work. If you can feel that what you're doing has purpose, then that's really a big thing."
—Joe Robinson, productivity trainer, author of Work to Live, *and founder of Optimal Performance Strategies*

Learn the "Soft No"
"Women often avoid saying no because they are afraid of being impolite, and then they end up with too many tasks. This leaves them less time to advance their careers or regenerate their energy. Practice a soft no by saying, 'That's a great opportunity and I would love to do it, but I'm very busy with project X.'"
—Elisabeth Kelan, professor of leadership at the U.K.'s Cranfield School of Management and author of Rising Stars

Ask Yourself What's Still Missing
"Think about what would *really* make you happier—such as helming a big project—and then tell your boss. But be honest with yourself: If working less is the only thing that would make you happier, it may be time to change jobs."
—David Burstein, consultant on millennial work culture and author of Fast Future



Nicole Lapin, self-made money mogul

"Don't Make My Money Mistakes"

Financial expert Nicole Lapin zeroes in on the easy ways smart women dig themselves into debt. Trust her: She's been there. By Reid Cherlin

Throughout her early twenties, Nicole Lapin, 30, used the "smile and nod" strategy when the topic of finance came up—until a boyfriend broke up with her because she didn't share his interest in business. Lapin resolved to get money-smart, and just a few years later was hired as an anchor at the business network CNBC. "I learned the language of finance, and now I speak it to the world," says Lapin, author of a new finance-advice book, *Rich Bitch*. But on her way to the top, she made a few missteps, which she reveals here in the name of keeping womankind richer and smarter.

1 Money mistake: living beyond my means. "When I landed my first big job at CNN, I splurged on a two-bedroom apartment just for myself. Wrong move: I barely had any income left over every month. Rent is an area where you need to be real with yourself. Make sure yours doesn't exceed 35 percent of your overall expenses. I know that sounds strict, but you'll thank yourself later."

2 Money mistake: charging the essentials. "When I got the CNN job, I was convinced I needed new clothes to look the part," says Lapin. "And I quickly got myself $5,000 in the hole. If you're in debt, post the amount you owe somewhere you'll see it every day, like on your computer monitor. Then set up an automated payment for the maximum amount you can pay each month, from your checking account to your credit card bill. Doing this, I paid off my bill a few months ahead of schedule."

3 Money mistake: not saving for small emergencies. "I drop my phone—often. It's an expensive habit, so I created an online-banking automated transfer that moves $20 into 'Nicole's iPhone Screen Fund' every month. Try doing the same thing for holiday gifts or any other expense you know is coming."

4 Money mistake: shopping online—a lot. "Web browsers use data packets called cookies to track what you view, then serve you ads for those same products. This chips away at your spending discipline. Not long ago I bought a dress I didn't need after repeatedly seeing ads for it. At least once a month, go to your browser's history menu and choose 'Delete cookies.' Think of it as I.T. for your financial health."

LAPIN: COURTESY OF SUBJECT

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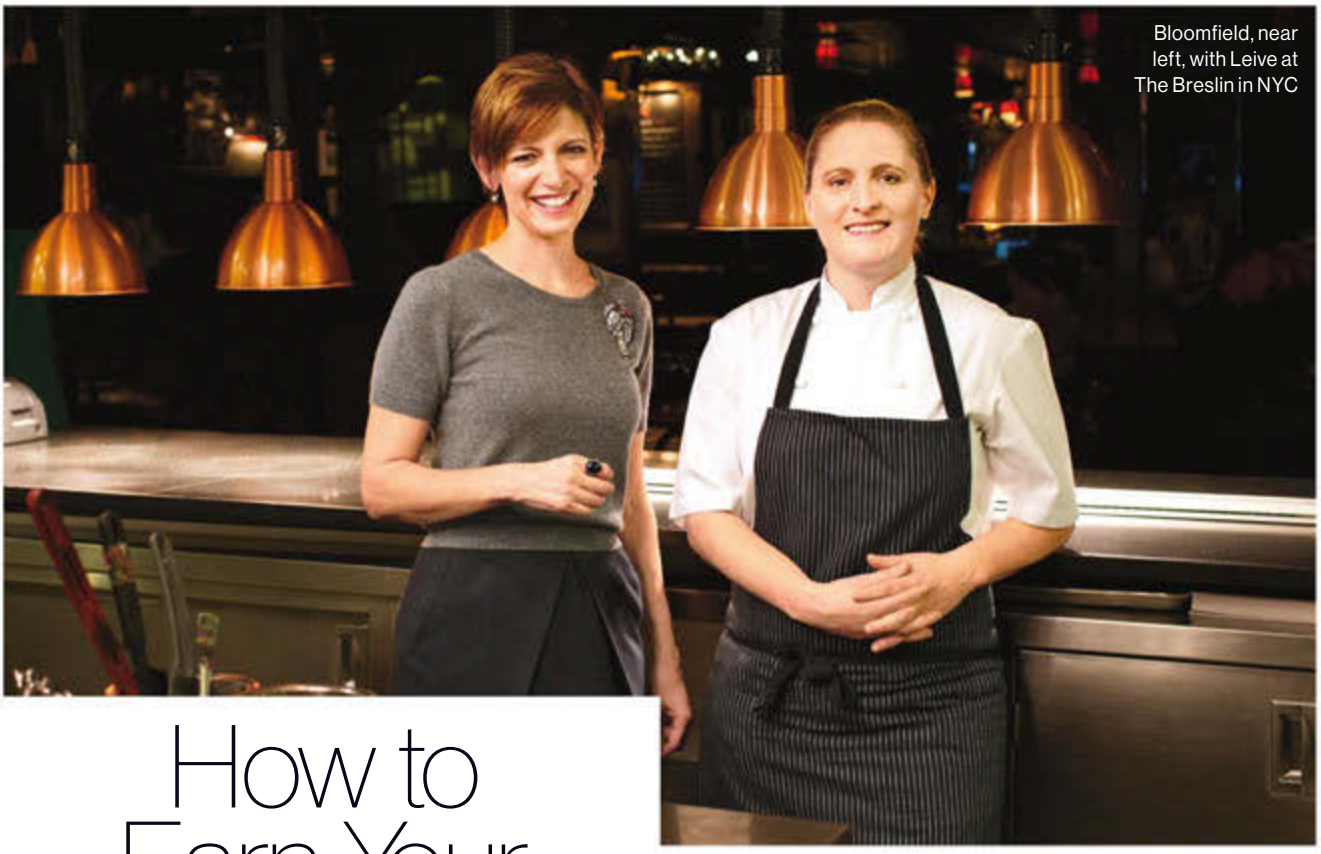
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Bloomfield, near left, with Leive at The Breslin in NYC

How to Earn Your Stars at Work

Chef April Bloomfield knows! With two Michelin-starred restaurants and a new cookbook out next month, she's turned the food world upside down. *Glamour*'s Cindi Leive got her to serve up some advice for you.

It's always seemed strange to me that the restaurant world is so dominated by male chefs. (How'd *that* happen?) So April Bloomfield—the wildly influential 40-year-old chef behind four New York City eateries and one in San Francisco—is already impressive just for getting where she is. But when you bite into her famous blue-cheese burger at The Spotted Pig or her escarole salad with anchovy dressing at The John Dory Oyster Bar, you're not thinking "barrier-breaking female chef!" or even "woman who started the gastropub craze in America!" (though both, of course, are true). You're thinking: "Must... have...more." And you do. So how has Bloomfield—a Birmingham, England, native with a new cookbook, *A Girl and Her Greens* (a sequel to *A Girl and Her Pig*, which I totally recommend)—done it? And how can her career inspire *you*? I sat down with her at her comfort food mecca The Breslin to find out. Dig in.

CINDI LEIVE: I've heard that growing up, you wanted to be a police officer.

APRIL BLOOMFIELD: I did. But I procrastinated a little bit with my cadet academy application form...and they sent [it] back saying, "You're late." I was completely gutted.

CL: What had been the appeal of the police force?

AB: I wanted to work in the community and wear the uniform. And I was really into the TV shows.

CL: Woman after my own heart.

AB: My mom sat me down and was like, "What are you going to do?" My two sisters were at cooking school at the time; I applied and got in. And I kind of knew when I walked in for my initial interview that I would give it 110 percent. I loved the smell of the spices. And I just loved the whole vibe.

CL: You later worked at The River Café in London—why was that so important?

AB: I used to watch [River Café chefs Rose Gray and Ruth Rogers] on TV and dream about working there. But I didn't ever think I would be good enough to get a job.... I had become a sous chef way too early, so I decided to take a step back and become a line cook at The River Café. I just wanted to cook and to keep learning.... And somebody there asked me to make a walnut pasta sauce—it was, like, four ingredients. But it was so flavorful that it kind of just awakened everything inside me. I basically had this epiphany, like, Wow, this is where I'm supposed to be. It was life-changing. If I hadn't gotten that job, I don't know what I would be doing now.

CL: And then came your 10-hour interview for the Spotted Pig position.

AB: It was intense. I flew in for a quick weekend [to meet with co-owner Ken Friedman and the chef Mario Batali, an investor]. And we went to Otto, Babbo, Lupa, all in one night. We went to Pearl Oyster Bar—that's where I actually met Mario for the first time. I didn't know who he was!

CL: I hear he liked that you were missing a fingernail.

AB: And I had multiple burns on my arm. The story goes that

HAIR AND MAKEUP FOR BLOOMFIELD: MEL PALDINO FOR ENNIS INC. ON LEIVE: NO. 21 TOP

Photographs by Michael Edwards

continued on page 218



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Bloomfield with books on two of her loves: meat and greens

"I've learned to voice my opinions. Because my opinions *count*."

Mario said to Ken, "You know, if she's the girl, I'll give you a thumbs-up, thumbs-down in, like, 10 seconds." And apparently I got the thumbs-up.

CL: The missing fingernail and burns—there's a physical aspect to this job.

AB: And mental too. It's stressful. Kitchens are not easy places to work. Everybody's in close quarters, working 16 hours a day in some cases. And tempers fray. But being in a kitchen's fun. It's a great career. You just have to work hard to get it. You have to sacrifice a little bit.

CL: What do you feel like you've sacrificed?

AB: Holidays, maybe; not spending time with my family. I remember doing some work at The Grosvenor House in London; it was my first holiday away from them. For my Christmas lunch, I had a packet of custard creams in this dorm. [*Laughs.*] I just remember sitting on my bed with my little TV, eating [*mimics spooning*]. And it kind of was like, OK. Well, this is it. That's why I'm here.

CL: You weren't crying in your cups over it.

AB: No. You have to accept early on that you're going to have to miss holidays and some time with family. But you get used to it. You buckle down and get on with it.

CL: And the original list of foods that Ken proposed you make at The Spotted Pig included nachos? Tofu dogs?

AB: Tofu dogs, yes. No nachos.... And I was like, "Look. I think you've got the wrong person. I'm not going to come to New York and cook this food." And then I sent him a whole list of things that I *was* passionate about cooking.

CL: Did that feel like a risk? You'd just gotten this huge job and you were saying no.

AB: I didn't have anything to lose. I was in a great job, and I could have stayed there forever. But I took this leap. And thank God it worked out.

CL: Did you pay attention to the press and level of fandom at the time The Spotted Pig opened?

AB: I didn't. The first day, there was a line out the door. And it was just, Okay, this is go time. I didn't come up for air for the first two years. [Then] I popped my head up, and it was like, Uh, what just happened?

CL: Was there anything you learned from your experience at John Dory [the oyster bar that closed in 2009 and later reopened], other than don't open a restaurant in the middle of a recession?

AB: Not to take a space just because somebody says it's great. It was the first time I didn't speak up. I've learned to voice my opinions. Because my opinions *count*.

CL: Much has been said about how the restaurant world is very male and about the sexism that takes place. Did you ever encounter that?

AB: I didn't feel like I was pushed back. But when my chef came up to me at Kensington Place [a London restaurant where Bloomfield worked early on] and asked if I'd like to do pastry, I was like, "No."

CL: Because pastry is a girls' ghetto?

AB: Girls are usually pushed toward that. So when he approached me and said, "Would you like to do pastry?" I was like, "No, but I *would* like to do sauté." And so that was my eye on the prize.... I wanted to be good at every station.

CL: So why *aren't* there more women at the top levels?

AB: I don't know, maybe it's just general perception that women can't do the job, when I think it's quite clear that they can.... There was a time when a very famous Australian chef [came to] Kensington Place. [It's customary] to come in and shake hands with the other chefs. I reached out my hand, and he actually just walked past and didn't shake my hand. It made me look at him and think, I'm going to be better than you one day.

CL: Let's talk about the new cookbook. Why vegetables?

AB: Well, I'm known as the woman who likes everything porky. But there's another side to me. I love vegetables. I love cooking them. I love going to the greenmarket.... And it doesn't take five hours to cook a vegetable. I wanted to share that through this book. [For some Bloomfield kitchen tricks, visit glamour.com/home.]

CL: You've had a great career on television—you won an episode of *Iron Chef America*. How did you get comfortable on TV?

AB: I freaked out in my head on set. All the cameras, the lights—I was like, I can't do this. But the fighter in me was like, Just knuckle down. You're just cooking. And that got me through.

CL: So, what should a woman who's reading this who is interested in a career in food know?

AB: If you work hard and you learn and you absorb and you pay attention, this is a great job to have. It can take you all around the world. You can eat the most delicious food. It allows you to be creative.... [And] don't ever quit. It's going to pay off eventually. It might not be in a year. Might be 20 years or 10 years. But you have to keep pushing. Just have that fire, have the passion, and want to be successful. And don't listen to anybody else.

Watch other interviews in the Step Into My Office series at **video.glamour.com.**


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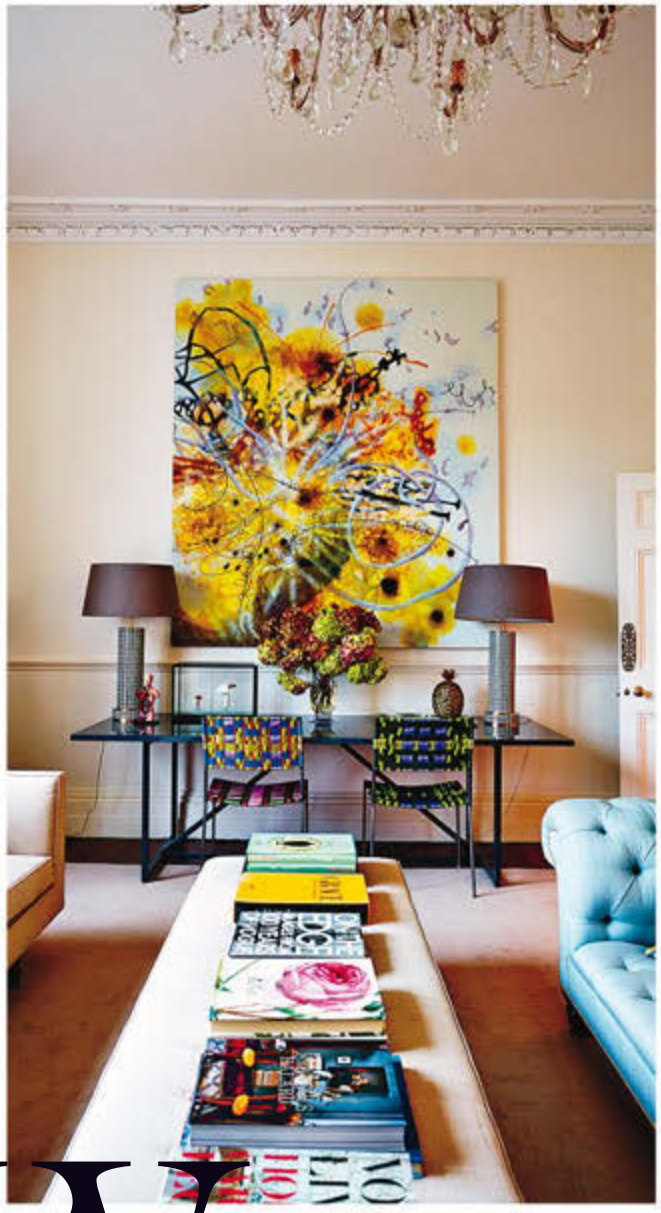
Dreaming of a colorful home makeover? Fashion editor Pippa Holt shares the secrets of creating a warm, sunny space just like hers. By Victoria Lewis



Little Miss Sunshine An eight-month-pregnant Holt with daughter Bay, three. Some bold accent pillows from a bazaar in Istanbul pep up her yellow sofa. **Chanel** dress. **Gianvito Rossi** shoes.

HAIR: TRUDY HAYES FOR MORGAN THE AGENCY; MAKEUP: EMMA FARRELL. ON BAY: BONPOINT DRESS

Photographs by Tim Evan-Cook





Her Live-Work Space Dressed up with keepsakes from her travels, Holt's pair of desks, left and above, do double duty as office spaces, vanities, and entertaining surfaces. Note how Holt used a bench in her living room, left, as a coffee table displaying her (very neat!) art book collection.

Walking into the Dublin, Ireland, home Pippa Holt shares with her husband, businessman Conor Roche, and their two children, three-year-old Bay and two-year-old Balthazar, is like entering a living postcard of their travels. There are throw pillows from Istanbul, baskets from Seville, Spain, and glass ornaments from Oaxaca, Mexico, to name just a few. Not that this comes as much of a surprise: Holt, a fashion editor whose job takes her around the globe, has a seriously good shopper's eye. "I drive my husband mad because I always come back from a trip with new pieces," she says. "It's what inspires me."

But what inspires *us* is her dreamy home, full of bright colors, unexpected prints, and furniture that feels as welcoming as it is chic. With small children running around, Holt says, this "lived-in-ness" is key. "We don't want anything to feel cold and stiff and 'Don't touch that because it will break,'" she says. So what are the secrets to decorate by? And how can the rest of us get her eclectic look? A few rules:

When in Doubt, Add Color!

Painting your walls a vibrant hue always changes the vibe (we're loving a bold turquoise blue). Holt personally approves: Her grandmother, Dame Zara Holt, was married to former Australian Prime Minister Harold Holt, and when the pair moved into the Lodge (the Aussie equivalent of the White House), she wallpapered the bedroom walls hot pink. Afraid to commit? Holt also loves white walls paired with colorful furniture. One rule if you go that route: Mix warm- and cool-toned objects. If you choose a sofa in warm yellow or pink, for instance, cool things down with blue or purple pillows, as Holt did in her living room. But if your big pieces are already upholstered in cool, neutral tones, an easy way to up their wow factor is to add hot-hued graphic blankets or printed pillows (ikat is Holt's top pick) to the mix.

Love Pieces at Every Price

Holt's office features Ikea cabinets and an inexpensive antique desk, above right, but also stars beautiful hand-painted de Gournay wallpaper. Her pro tip? Save on pieces that fade into the background, like

continued on next page

Sitting Pretty
Holt sticks to mostly modern furniture and invests in a few key special pieces. We love her striped ceiling artwork and oversize crystal chandelier.





Nest Eggs
Holt with Bay, front, and son Balthazar, two. **Valentino** dress.

shelving and storage, but splurge on the elements that make a room unforgettable, like ornate wallpaper or a standout chandelier. Your wallet will thank you!

Make What's Old Feel New Again

Holt hits up auctions and flea markets for inexpensive vintage furniture, then reupholsters it with cheery, modern fabrics (her favorite designs are from Swedish company Svenskt Tenn). "When I bought the Knoll chairs in my sitting room [left], they were lacking life. Pink upholstery picked them right up!" she says. Another easy way to update antiques? Find wood pieces like a table, a chair, or even a bar cart, and refinish them with bright lacquer paint.

Create a Collection

Before moving to Ireland, Holt had a ladylike little flat in London. She also had 12 years' worth of magazines to store. Her solution? Put them on display. "You can find cheap Lucite pieces anywhere, even eBay," she says. She bought two clear tables and arranged her magazines in tidy piles underneath them, and voilà! A fashionable way to show off her cache. You can replicate the idea with any collection. Holt has a weakness for pineapple-shaped ornaments, which she buys in all sizes and displays around the house. Her other favorite: glass jars filled with shells accumulated during her travels.

Pay Attention to the Places People See Most

"It might sound crazy, but our entrance hall is actually my favorite room," says Holt. She advises investing in striking furniture and art for prime positions like a foyer. "It's the first thing that guests and visitors see, so it sets the tone for the rest of your home."

ON BAY: BONPOINT DRESS. ON BALTHAZAR: COUNTRY ROAD SHIRT, JEANS

Steal Her Style

Settle down at your computer and order up these happy, Holt-inspired picks!



Shop Latitude Bazaar, Istanbul pillow
($60, shoplatitude.com)



Kate Schelter for LittleCollector print
(from $55, artstar.com)



DwellStudio lamp
($699, dwellstudio.com)





Rosewood Mayakoba tablecloth
($550, shoplatitude.com)



Anthropologie sofa
($2,398, anthropologie.com)

Girl of the Month

Lily James

The British actress and *Downton* fave, 25, stars in the new *Cinderella*, but her fairy tale is only beginning. By Lauren Brown

When we met Lily James as jazz-loving, booze-drinking Cousin Rose on *Downton Abbey*, it was like a disco ball had been plopped down amid all that tweed and china: Suddenly the Crawley household was much more fun. So we're looking forward to seeing the Brit play the *real* belle of the ball in this month's live-action film *Cinderella*. James kicks back with *Glamour* to talk about stepping into those famous glass slippers.

GLAMOUR: You're about to be known as Cinderella to a whole new generation of little girls—no pressure! How does it feel?

LILY JAMES: The pressure *is* terrifying! I think the fears I have are similar to what the character would feel, though, because really, she's just a girl thrust into this world.

GLAMOUR: So is Prince Charming really out there?

LJ: As cynical as I can be, there's always a part of me that believes in love and the fairy tale. But what I like about this film is that Prince Charming doesn't just rescue a damsel in distress—it's about two people who make each other better. *That's* the fairy tale.

GLAMOUR: It must have been surreal to wear the glass slippers....

LJ: My foot was actually CGI'd into the glass slipper. It was made out of Swarovski crystal, and I was always terrified I'd drop it! I have big, ugly feet, so luckily I had a foot double.

GLAMOUR: You're often in period pieces on-screen. Are you getting used to all the costumes?

LJ: No, it's always a big relief to get out of period clothes at the end of the day. They're like a mask—you put on these beautiful dresses and feel like a completely different person...because trust me, in real life I'm a massive slob!



Sitting Pretty "At midnight either I'm the last to leave the party or I'm at home, snuggling with my cat."

JAMES: MATT HOLYOAK/CAMERA PRESS/REDUX PICTURES. SEVIGNY: MITSUHIRO HASHIMOTO/PARAMOUNT PICTURES. DUVERNAY: STEVE GRANITZ/WIREIMAGE

Meet the Director Making History

She's Ava DuVernay, whose film *Selma*, based on the civil rights march held 50 years ago this month, just got an Oscar nomination. Here's how she made her career dreams come true. By Jessica Kantor



Required Viewing
David Oyelowo, above center, as MLK Jr. in *Selma;* DuVernay, left, at this year's Golden Globes

Ava DuVernay, 42, has a lot of firsts on her résumé. Her movie *Selma* is the first feature about Dr. Martin Luther King Jr....ever. (How is that possible?!) She's the first African American female director to be nominated for a Golden Globe and to get an Academy Award Best Picture nod for her film. Here's how the former PR maven shattered the silver-screen ceiling.

On finding her passion: "I opened my PR agency at 27, but I was always fascinated by moviemaking, so I started to write a script on weekends and at night. Everyone has different talents, and I'm a really good multitasker. It's a skill I developed from being a publicist, so while it was hard to balance the agency and focus on a film, it wasn't impossible. As soon as I took the risk [to pursue film full-time], many wonderful opportunities came. You have to let go to let something else in."

On her mind-set: "I believe in deconstructing our dreams. So many people think 'the dream' has to happen right now, in one big bang. But it's easier to take one small step than a bunch of big running steps [all at once]."



How she networks: "I don't like the whole LinkedIn kind of world. For me, meaningful relationships are more fruitful. Look into someone's eyes; put down the phone. I might not know as many people as somebody else, but I know them deeply."

Her morning routine: "I drink four glasses of water and then write down five things I'm grateful for from the night before. It's helpful because it keeps you very focused on the good things, both big and small. I've done it for 15 years, and it's just for me."

On getting past the critics: "I'm not white, I'm not a man, and I'm not young. We all come up against people who don't believe in us, who question us. It's so constant that if I took it in and internalized it, I would be at a standstill.... I just don't even let it inside. I have to keep moving."

5 Things I'm Loving This Month By Megan Angelo

***The Same Sky*, by Amanda Eyre Ward**
I'm hooked on this poignant novel following the struggles of two strong women on opposite sides of the Mexican-American border.

Girlhood
Boyhood fans will love this award-winning French film about a teen girl's struggle to fit in. Be on the lookout for the Rihanna dance-party scene.

Elisabeth Moss in *The Heidi Chronicles*
The *Mad Men* actress heads to Broadway in the Pulitzer Prize–winning play by the late, great Wendy Wasserstein.

***The Misadventures of Awkward Black Girl*, by Issa Rae**
You'll laugh freakishly hard over the genius YouTube star's book about everything from PDA to coworkers who always suck up.

Madonna's Upcoming Album
The leaked songs from *Rebel Heart* are so danceable that I can't wait for the Madge–Nicki Minaj duet to break.

The Death of the Evil Mistress

You used to be able to spot a TV show's trashy, home-wrecking bad girl a mile away. Now tons of our small-screen heroines are having affairs. Is it weird that we still love them? By Megan Angelo

You guys forget there was a time we couldn't stand Kate Walsh.

Let's go back to 2005, when *Grey's Anatomy* was new and wonderful. Derek and Meredith were the meant-to-be couple of my TV world. Then estranged wife Addison showed up at Seattle Grace, all red curls, red lips, and, as I deduced instantly, red *flags*. She said she had a surgeon position, but I knew her real job: to seduce McDreamy away from Mer. Bust up their good thing. Generally, as I saw it, be a ho.

Of *course* that's how I saw it. Back then all "other women" on TV were villainesses: cheap, evil, and crazy. A classic example, from *The Sopranos:* Tony's mistress Valentina, who, within 40 seconds, suggests a trip to Sandals Antigua, whines about not getting attention, and sets herself afire.

The Valentinas of the world, though, are fading away. On TV these days, cheating women are more common, and also more complicated. You won't catch *The Affair*'s Alison in a gaudy satin robe. *Scandal*'s Olivia Pope—and I feel comfortable speaking for her on this one—does *not* want to be whisked away to a resort. Instead, she jets off to the coast of Zanzibar on her own terms, in the company of a guy with whom she occasionally cheats on her own cheating "boyfriend." Then there's *The Good Wife*'s Alicia Florrick, with her impeccable manners and her definition of marriage as "fluid" (to be fair, her husband started it). *Orange Is the New Black*'s Piper hooks up with her ex behind bars while her fiancé patiently awaits her return (until he cheats too), and Marnie's starry-eyed fling with a very taken Desi took up most of this season on *Girls*. Kinda seems like all the cool girls are cheating now—and what's strange is that, as a happily married girl who'd stage an intervention for any friend behaving this way in *real* life, I root for these cheaters even when I know they're in the wrong.

In my defense, there *is* some good about infidelity being TV's new thing. Making a mistake helps a seemingly perfect protagonist appear human. Portraying affairs from all angles reduces the number of two-dimensional "skanky" characters, which is always a good thing for women.



by *Glamour* TV columnist Megan Angelo, @meganangelo;
read her daily at glamour.com/entertainment



ANGELO: ALISON CONKLIN. ILLUSTRATION: **SEAN MCCABE**. IMAGES FOR ILLUSTRATION, WILLIAMS: MARK SCHAFER/HBO. WILSON AND WEST: COURTESY OF SHOWTIME. WASHINGTON: ADAM TAYLOR/ABC. CAPLAN: MICHAEL DESMOND/SHOWTIME

And as mistresses get fuller backstories and become more sympathetic, so too do the all-too-common cheated-on wife types—the chilly characters who are supposed to make us think, Well, what did she expect? Libby from *Masters of Sex*, who's been cuckolded by Virginia and Bill, is warm and intelligent, the ultimate antidote to that tired trend. Getting to relate to both the wife *and* the mistress is a peculiar but oddly satisfying viewing experience.

Of course there is a caveat: Cheating stories may have helped TV build more colorful female characters, but (and listen up, writers) they shouldn't be the *only* road to complexity. We're now so inundated with infidelity that it doesn't even shock me when a character pulls out a second cell phone to text their side dish. But there's also boundary-pushing TV to be made from women's takes on motherhood, career, and self-image. TV execs, I'm not telling you to end your affair with affairs; I'm saying have a fling with, oh, a grizzled lady-cop who starts taking bribes to pay for fertility treatments. Now *that* might surprise me.



Other Women *Girls*, *The Affair*, *Scandal*, *Masters of Sex*: Suddenly, mistresses aren't getting such a bad rap.

under 200 calories.

I don't like the way people are looking at us.

I better be getting paid overtime for this.



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STEVEN PAN. ON JOHNSON: ALTUZARRA TOP; BRA. LEFT HAND, RING AT TOP: SPINELLI KILCOLLIN. ALL OTHER RINGS: INEZ AND VINOODH. ON DORNAN: T BY ALEXANDER WANG T-SHIRT. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



This Is 50

Ready or not, *Fifty Shades of Grey* is here—and in an exclusive interview, stars Dakota Johnson and Jamie Dornan talk to *Glamour*'s Genevieve Field about the rumors, the Red Room, and the many, many ways they bonded.

Photographs by **Steven Pan** Fashion editor: **Laura Ferrara**



Close-Knit Costars
"I've never had an on-screen relationship as intense with another actress," says Dornan. "We respect and trust each other."

Saint Laurent by Hedi Slimane dress, $3,190. **La Perla** bra, $524. On left hand, rings, from left: **Eva Fehren** (2), **Zoë Chicco,** $570. On right hand, rings, from top: **Melissa Kaye Jewelry. Zoë Chicco,** $570. On Dornan: **Saint Laurent by Hedi Slimane** shirt. **Givenchy by Riccardo Tisci** pants, belt. **Warby Parker** glasses. **Lanvin** tie.



Mr. Grey's Anatomy

"I had to do a lot of work to get in shape, because Christian's someone who's very anal about that," says Dornan.

Donna Karan New York top, $895, pants, $1,295. **Saint Laurent by Hedi Slimane** hat, $990. On left hand, rings, from left: **Eva Fehren. Inez and Vinoodh.** On right hand, rings, from top: **Inez and Vinoodh,** $315. **Melissa Kaye Jewelry,** $8,140. **Inez and Vinoodh,** $695. Feeling Dakota's dark mauve nails? Try **OPI** Infinite Shine in Never Give Up! ($13, ulta.com). On Dornan: **Dior Homme** jacket.

I can show you how pleasurable pain can be.... There will be pain, but nothing you can't handle.... Do you trust me, Ana?

If you have to ask, that's billionaire Christian Grey smooth-talking recent college grad Anastasia Steele in E.L. James' *Fifty Shades of Grey,* the novel that sparked Fifty Shades Fever. Since 2011 the trilogy has sold more than 100 million copies and "Fifty Shades" references have been slapped onto everything from classical music albums to baby onesies ("All my mommy wanted was a night with Mr. Grey"); perhaps not coincidentally, the bedroom practices popularized by the book have gone mainstream too, with bondage clubs popping up at Ivy League schools and sales of Ana's favorite sex toys skyrocketing. But like it or not—and lots of people don't—the phenomenon is just getting started. On February 13 *Fifty Shades of Grey* the film is set to dominate theaters, and its two previously under-the-radar stars, Dakota Johnson and Jamie Dornan, are about to find out how it feels to be bona fide sex symbols.

You may recognize their faces: Johnson, the 25-year-old daughter of actors Melanie Griffith and Don Johnson, made her film debut at only 10 in *Crazy in Alabama,* directed by her stepdad, Antonio Banderas. She went on to charm audiences with small roles in big pictures like *The Social Network* and *21 Jump Street,* as well as the lead in the critically beloved TV show *Ben and Kate.* And Dornan, 32, is no stranger to being the Man Women Want. The Belfast, Northern Ireland, native spent 10 years modeling for Dior, Armani, and Calvin Klein, posing shirtless with Kate Moss and in his undies with Eva Mendes. But if you're tempted to dismiss him as a model who's "trying" to act, instead of an actor who modeled, his two seasons as a serial killer in the BBC series *The Fall* will cure you of that notion.

> "It's stressful enough to be tied to a bed naked in a scene. But then they call cut, and you're *still* tied to the bed, naked."
>
> *—Dakota Johnson on filming sex scenes for* Fifty Shades

So are they ready? "I don't think anyone can really prepare Jamie and Dakota for what's going to happen when this film comes out," says *Fifty Shades*' (female!) director, Sam Taylor-Johnson. Taylor-Johnson (no relation to Dakota) says she's "very protective" of both her stars, but even she won't be able to shield them from critics ready to pounce on the material. (Salman Rushdie once proclaimed that *Fifty Shades* the book "made *Twilight* look like *War and Peace*.") But the *Fifty Shades* cast and crew are more concerned with pleasing die-hard fans, who congregate on message boards and at book clubs, hotly debating every morsel of news on the film's development, from the last-minute casting of Dornan as Christian (was he a good enough replacement, they debated, for Charlie Hunnam, who dropped out because of scheduling issues?) to Johnson's hair in the trailer (is it as long as Ana's should be? as dark? as bedhead-y?).

So much speculation! *Glamour* went in search of the real story of the making of the movie, and in this exclusive, Dornan, Johnson, and Taylor-Johnson took turns divulging the details of their *Fifty Shades* ride so far. Mr. Grey and Co. will see you now.

On Chasing the Hottest Roles in Hollywood

DAKOTA JOHNSON: I had read the books and was drawn to the character of Ana because she's private, loving, honest—and because she and Christian are both incredibly intelligent, confident, and can spar with each other on every level. I auditioned for two months. I met with Sam a bunch of times. So when I found out I had the part, I think I started crying. I was relieved the not-knowing was over.

SAM TAYLOR-JOHNSON: Dakota was everything that I wanted in Anastasia. She has a strong sense of who she is, but at the same time there's a sweetness about her. It was tough to find Christian because, on the page, he's perfect. In real life there aren't so many people that tick all those boxes: to be able to be charismatic and charming, successful, wealthy, and devastatingly handsome.

JAMIE DORNAN: At first, I didn't audition. I made a tape in London with a casting director. I didn't hear anything until they cast Charlie [Hunnam]. I thought it was kind of funny to say that I'd auditioned to play Christian and failed miserably. Then whatever happened with [Charlie] happened, and the doors opened again.

DAKOTA: It was disappointing [when Charlie left], but everything happened the exact way it was supposed to, I think.

JAMIE: I flew to Los Angeles, tested [with Dakota]. She'd been involved in this project since day one. That day she'd read with, like, two other dudes. I think I was the last guy in. She was probably a bit fed up, like, "Just find the guy already," but didn't show that at all. I instantly liked her, thought she was very cool, very chilled out.

DAKOTA: We read the interview scene [where Ana and Christian first meet], which I'd done so many times I didn't even know what I was saying anymore. He was really quiet, but cracking jokes—no one had done that. It just seemed right.

JAMIE: There was a part of Christian that was obviously fractured.

SAM: Christian was an orphan. His mother had been a prostitute and addicted to drugs. He was abused.

JAMIE: I think I have an understanding of people who have experienced some form of loss too young. My mom died when I was 16, and then four of my very good friends were killed in a car crash when I was 17. Loss is always tough, but when it happens young, you've got more of life to live going, "F--k, why did that happen?"

SAM: Jamie was able to convey that sense of mystery, the feeling that there's an underlying troubled soul. He just had it all.

JAMIE: I got cast six weeks before filming began. I was told I'd know that evening, so I was waiting for the call. It was about two in the morning. My wife [Amelia Warner, who was then into her thirtieth week of pregnancy] had gone to bed, and I'd stayed up, watching *Storage Wars,* because that show takes me to my safe place. [*Laughs.*] Sam called to tell me I'd got it. I gave my wife a nudge when I got into bed, "Hey, we'll talk about it tomorrow, but—I need to go to sleep!"

On Becoming Anastasia and Christian

JAMIE: I had to do a lot of work to get in shape because Christian's someone who's very anal about that. But it wasn't six hours a day. You don't want to turn to your heavily pregnant wife and say, "I'm going to the gym for six hours. Text me if you go into labor."

DAKOTA: Jamie and I actually shared a trainer. It was important to me that Ana's body look like that of an active college student. And I was going be naked, so I wanted to look good. I did a lot of working out and had more waxing than any woman should have!

continued on next page

JAMIE: In that six weeks before filming, my daughter was born. It was just an insane time. For research, one rainy Tuesday evening, I kissed the wife and baby good night and went to watch a dominant-submissive session in a dungeon. The dominant was our sort of adviser on the job. He'd be on hand anytime there was a scene in the Red Room [Christian's playroom for BDSM, bondage, discipline, sadism, and masochism], to say, "You're doing that wrong." So I watched him do his thing.... It was quite jovial, a very different approach to how I saw Christian being in the Red Room. I think Christian takes it a bit more seriously.

DAKOTA: I didn't go to the sex dungeon. I wanted to keep myself distanced from it at first because I wanted Ana's reaction to certain things to be completely honest and real, like new. But I did do a lot of reading about the culture of BDSM. It's about the ebb and flow of control between two people. To me, there's something really honest in wanting to completely give up control for just a second.

JAMIE: This whole movement isn't guys tying up girls and spanking them. It's often the other way around. These really powerful men like Christian Grey are surrounded by yes-men and yes-women all day, and when it goes dark, they want to be told what to do.

> "I kissed the wife and baby good night and went to watch a dominant-submissive session in a dungeon."
>
> *—Jamie Dornan on researching his role as Christian Grey in* Fifty Shades

DAKOTA: If that's your thing, great. Whatever blows your skirt up.

JAMIE: The first day [of filming] was kind of an out-of-body experience. I got there and they said, "Action!" I'm like, "What the f--k is happening? I'm a dad. *What?*"

DAKOTA: I had way more time to prepare than Jamie did. I have to commend him.

JAMIE: Christian was a massive challenge. I've played a couple of sick, sick dudes, serial killers...and characters who don't treat women the way society deems appropriate. But it's just TV, movies—it's not real. I've always had a deep respect for women. I have two sisters. My father spent his career as an obstetrician-gynecologist caring for women.... But you have to find something likable in every character you play. I like how driven Christian is. [Still], I don't think I would like him if he was a real dude and we met.

DAKOTA: I feel like women are so drawn to Christian because he is very elegant and ambitious and smart and strong. I don't know if I would have the patience that Ana has for him, though.

On Entering the Red Room

DAKOTA: I didn't see the Red Room [set] for two and a half months. Everyone kept it from me. I didn't even see any photos. When I opened the door the first time, it was a whole other world. There were floggers, riding crops, and a whipping bench made to the exact shape and height of my body. Which was pretty cool.

JAMIE: I'd learned [about] knots, buckles, how to use a whip. [But] the first time I did it with an actual person [was with Dakota].

DAKOTA: The scenes in that room were definitely the most vulnerable scenes in the movie. But it was a very closed set—my mom told me that it's my right to ask for that during intimate scenes, so it seemed like [Jamie and Sam and I] were in this little world together.

JAMIE: Some of the Red Room stuff *was* uncomfortable. There were times when Dakota was not wearing much, and I had to do stuff to her that I'd never choose to do to a woman.

DAKOTA: It's stressful enough to be tied to a bed naked in a scene. But then they call cut, and you're *still* tied to the bed, naked. Jamie would be the first one to throw a blanket over me.

JAMIE: I felt very protective and aware that it probably wasn't easy for her to be put in those situations, and exposed. And Sam, as a director, has an amazing quality of making everyone feel very relaxed.

SAM: We left anything that was emotionally difficult or of a sexual nature until the last few weeks of filming. By that point we had time to get to know each other, to build that trust, which was important to be able to go into the next realm. Those days on set were calm, but you could definitely feel tension.

DAKOTA: There were some painful moments. I got whiplash once from him throwing me on the bed; so f--king painful. And I wish we had a gag reel from the shoot. One time we were doing a scene in Christian's kitchen, and I [thought it'd be funny] to hide in a cabinet. I pulled the handle, but it was not a real cabinet. The entire set came down on me.

JAMIE: She's very funny. Not as funny as she thinks, but she's funny. [*Laughs.*]

DAKOTA: The fact that I could laugh with him was nice. Sometimes I did walk off the set feeling a bit shell-shocked. The drive home from work always helped me snap out of it. And a big glass of wine.

JAMIE: I've never had an on-screen relationship as intense with another actress. We respect and trust each other. We have to be fond of each other for this to work.

On Fans, Haters, and the Countdown to Megastardom

SAM: I'm so close to [the film that] I can't feel too much about what people are going to like or dislike. I feel like we've respected the book and understood what the fan base wants to see. But it's also different because it's very visual. Of course I'm nervous about how the fans will receive it; I wouldn't be normal if I wasn't nervous.

JAMIE: I [already] get, "Oh my God, you're Christian Grey!" [out in public]. And I say, "No, I'm Jamie! I'm an actor." When the film comes out, there will probably be more of that. I don't think you can prepare for that. You can't put up sandbags, get rations in. I just live my life. I've had the same friends since I was a small boy. None of them do what I do or, frankly, give a sh-t about what I do. We just love each other. The one thing I take comfort in is that none of that is going anywhere, no matter what the perception of me is or what happens in my career.

DAKOTA: I'm proud of [the movie]. I completely disagree with people who think Ana's weak. I think she's actually stronger than *he* is. Everything she does is her choice. And if I can be an advocate for women to do what they want with their bodies and not be ashamed of what they want, then I'm all for that. My mom came up for a day [during filming]. She's proud of me. But I don't want my family to see [the movie], because it's inappropriate. Or my brothers' friends, who I grew up with. I think they'd be like, *Blegh* [*mimics vomiting*]. Also there's part of me that's like, I don't want anyone to see this movie. Just kidding.

JAMIE: When my daughter's 18, I'm not going to go, "You've gotta watch Daddy in *Fifty Shades of Grey*." But there will be greater things to protect her from than seeing Dad's arse on the big screen.

Genevieve Field is a contributing editor at Glamour.

.com Watch our exclusive video with Johnson and Dornan on **glamour.com.**



Inside the Red Room
"I got whiplash once from [Jamie] throwing me on the bed," Johnson says.

Donna Karan New York dress, $2,295. For her sexy, textured layers, we like **Fekkai** Blowout Hair Refresher Dry Shampoo ($20 for 4.9 oz., fekkai.com). On Dornan: **T by Alexander Wang** T-shirt. **Levi's Made & Crafted** jeans. **Will Leather Goods** belt. **See Glamour Shopper for more information.** Hair: Mark Townsend for Starworks Artists; makeup: Pati Dubroff, grooming: Kim Verbeck, both for The Wall Group; manicure: Deborah Lippmann for The Magnet Agency; production: Brachfeld.



Oh, the Places You'll Go
The new city-chic uniform? A crisp white shirt and tailored pencil skirt whipped up from heavy-duty surplus fabric. Consider a bright accessory (in this case, Scarlet, a five-year-old Macaw).

Donna Karan New York shirt, $750, skirt, $1,995, belt, $350, mules, $1,295. **Cartier** watch. **Gaspar Gloves** gloves, $145. **Stephen Jones Millinery for Donna Karan New York** hat. **New York Vintage** canvas hatbox. **SteamLine Luggage** white-trim suitcases, $310–$650.



It's a Jungle Out There!

Navigate it in style with tailored pieces in khaki and olive—spring's essential uniform for all you urban adventurers.

Photographs by **Will Davidson** Fashion editor: **Jillian Davison**



Suit Yourself
Looking for a fresh take on the warm-weather suit? Pair a breezy cotton camp jacket with matching, relaxed trousers.

Stella McCartney jacket, $1,295, trousers, $895. Craving extra-fluffy curls? Try **John Frieda** Frizz Ease Dream Curls Daily Styling Spray ($7, at drugstores).



Into the Wild
You'll get maximum utility out of a classic safari jacket updated in city-slick leather.

Banana Republic shirt, $350, skirt, $124. **Sonia Rykiel** heels, $1,350.



Marching Orders
Mixing rugged materials with soft chiffon gives a tough-girl edge to a ladylike look.

Sacai vest with blouse, $1,058, skirt, $658. **Ralph Lauren Fine Watchmaking** watch, $7,100. **SteamLine Luggage** suitcase, $600. **Gucci** sandals, $1,100.



Take It to the Streets
An olive jumpsuit works hard and plays harder with embellishments and a flirty open back. And nothing says "Don't mess with me" like fingerless gloves!

Marc Jacobs jumpsuit, $4,500. **Gaspar Gloves** gloves, $125. **Ralph Lauren Fine Watchmaking** watch. **Barton Perreira** frames and shade clip, $585. Feeling her soft taupe-y lids? Try **L'Oréal Paris** Infallible Eye Shadow in Amber Rush ($8, at drugstores).



The Be-You Uniform
Let the boys have their cookie-cutter suits. Go for pattern and wear it proud!

Jason Wu jacket, $2,395, skirt, $995. **Lanvin** necklace, $1,490. **Donna Karan New York** mules, $1,295.



Fit to Be Tied

A playful neck scarf adds a feminine flounce to a classic suede wrapdress.

Max Mara dress, $2,490, scarf. **Prada** clutch, $1,560. **Gaspar Gloves** gloves, $125. Want her perfectly shaped brows? Try **Chanel** Sculpting Eyebrow Pencil in Blond Clair ($29, chanel.com). **See Glamour Shopper for more information.** Model: Frida Gustavsson at IMG (see page 282); hair: Dennis Lanni for Art Department; makeup: Chiho Omae for Frank Reps; manicure: Nettie Davis for The Wall Group; producer: Joy Asbury; prop stylist: Lisa Bazadona; handler: Gloria Winship for All Animal Actors International.



Orange Is the New Black
A satin vest and bejeweled mules skyrocket the glam factor of a casual tank and board shorts. The result? A look that, with those changes, could literally go from the beach to the opera.

Dior vest, top, necklace (at top). **J.Crew** shorts, $198. **Dannijo** necklace, $420. **No. 21** mules, $610. **Miriam Haskell** brooch (on mule), $640.

Something Bold Something New

Decadent fabrics for day. Gowns with T-shirts for night. Spring is all about a high-low combo; let British model Jourdan Dunn show you how to strike a modern mix.

Photographs by **Alexi Lubomirski**
Fashion editor: **Jillian Davison**



Built for Speed
Details make all the difference. With a sporty silver zipper, an ornate floral top feels less Victorian, more twenty-first century—especially paired with biker pants.

Louis Vuitton blouse, pants, earrings, $975. Into her poker-straight strands? Try **Garnier** Sleek & Shine Flat Iron Perfector Straightening Mist ($4.50, at drugstores).

Hot Under the Collar
Wound together with tough chain links and studs, these are not your grandmother's pearls. To keep the look fresh, skip the twinset and pair with a striped top.

Emporio Armani black top, $725. **Simone Rocha** dress underneath. **Fallon** necklace, $400. **Miriam Haskell** pearl necklace, $1,300. Looking for a perfect red lip? Try **Maybelline New York** Color Sensational Creamy Mattes Lipstick in Siren in Scarlet ($7.50, at drugstores).





Gilded Age
Brocade may have a staid reputation, but there's something charmingly modern about a patchwork silk shift with raw edges. Perfectionists need not apply.

Prada dress, $2,490, top, $1,660. **MDVII** necklace, $975. **Simone Rocha** gloves, $620.



Jourdan Dunn, 24, is blowing up in every way possible: a jet-set career, motherhood, a cooking show, and some *very* big dreams. Here, a little Jourdan 101:

She's killing it careerwise. Not only is British model Dunn a new Maybelline New York spokeswoman, she also stars alongside Naomi Campbell in the latest Burberry ads. "Naomi's taken me under her wing, but this was our first time *actually* working together," says Dunn. "I realized there's a reason she's a supermodel."

She has her own cooking show. On Dunn's hit YouTube series, *Well Dunn* (on Jay Z's Life + Times channel), she teaches guests like Karlie Kloss her favorite spicy recipes, including Jamaican jerk chicken. Want more? "We're talking to TV networks," she says.

She's a role model for young moms. After her five-year-old son, Riley, was born with sickle cell anemia, Dunn signed on as an ambassador for the Sickle Cell Disease Association of America. "Riley inspires me to do more and keep pushing forward," she says. Dunn also has a children's-wear line in the works. "My son is my muse; I basically want to dress him like myself, kind of street chic," she says. "I hate cutesy stuff." Her future goal? "I've been reading a few scripts," says Dunn. "But I want to take my time and prove myself as an actress." Stay tuned!
—Brittany Adams

A Leg Up
If you've got 'em, flaunt 'em. Itty-bitty tap shorts show it all off, while a fresh white shirt keeps the look from feeling too risqué.

Chanel top, necklace. **Dolce & Gabbana** briefs. **Prada** earrings, $540. **Fallon** black stone necklace, $400. **Rochas** bag, $2,435. **No. 21** mules, $506.

Cocktail Casual
A basic cotton tee instantly takes the frill out of a fancy dress.

Burberry Prorsum dress. **Vince** T-shirt, $60. **Prada** earrings, $540. **No. 21** belt, $1,518. Want her feathery lashes? Try **Maybelline New York** Lash Sensational Mascara in Blackest Black ($9, at drugstores). **See Glamour Shopper for more information.** Model: Jourdan Dunn at Women Management; hair: Ben Skervin for The Magnet Agency; makeup: Fulvia Farolfi for Bryan Bantry Agency; manicure: Ana-Maria for ABTP.com.



One-piece Wonder
A floral print brings a feminine touch to a workman's jumpsuit. Add a sturdy heel for extra swagger.

Dior jumpsuit, belt, $740, earrings, $700. **Knights of New York** cuff, $400. **Jason Wu** heels, $795.





Game On

Spring fashion is having a sporty moment. But you can keep your heels on—these looks are worth wearing out at night.

Photographs by **Patrick Demarchelier** Fashion editor: **Jillian Davison**



Dare to Bare
A sculpted crop top gets a dose of basketball attitude with a low-slung mesh skirt layered over shorts.

3.1 Phillip Lim top, $395. **Tim Coppens** skirt, $590. **Reed Krakoff** shorts. On top arm, bracelets from left: **WXYZ Jewelry,** $95. **Miansai,** $205. **Miansai,** $200. On bottom arm: **Knights of New York** cuff, $300. **Alexander Wang** heels, $650.

Tux Redux
With a cropped jacket and fitness-inspired pants, this sleek take on the suit is all woman.

Alexander Wang jacket, $850, bodysuit, pants, heels, $595. **Proenza Schouler** earrings, $425. Love her slicked-back ponytail? Try **Pantene Pro-V** Power Up Daily Treatment ($5, at drugstores).





The LBD, Made Over
Look for sporty straps on everything now—even big-event dresses. And the knee-high lace-up sandals? Perfection.

Alexander McQueen dress, sandals, $3,895.



Super Natural
The stripes are sporty; the sequins, anything but. The mix is very spring 2015!

Rodarte dress. **Alexander Wang** heels, $625. Into her healthy, smooth skin? Try **Shiseido** Future Solution LX Total Regenerating Body Cream ($130, shiseido.com).



Graphic Content
Try a bold cutout top—even, yes, a bodysuit—with slim tailored trousers and simple silver jewelry.

Mugler bodysuit, $914, pants, $1,066. **Robert Lee Morris Collection** collar, $595. **Jennifer Fisher** cuff, $1,320. Like her barely there lip tint? Try **Revlon** ColorBurst Matte Balm in Complex ($9, at drugstores).



Fast Track

The mesh material in the jacket and skirt may belong in the arena, but the sculpted shape is runway all the way.

DKNY jacket, $395, dress, $295, skirt, $495. **Alexis Bittar** earrings, $245. **Alexander Wang** heels, $650. **See Glamour Shopper for more information.** Model: Kim Riekenberg at IMG; hair: Teddy Charles for Art + Commerce; makeup: Fulvia Farolfi for Bryan Bantry Agency; production: Float & Shoot.



Funny

Laraine Newman
(original cast member, 1975–1980)
Emporio Armani blazer, pants. Lou & Grey blouse.

"SNL will always be my second home. It's so much fun to go back."
—Kristen Wiig
(cast member, 2005–2012)
Mugler blazer. Tom Ford leggings.

Amy Poehler
(cast member, 2001–2008)
Tom Ford cape, top.

Ana Gasteyer
(cast member, 1996–2002)
Zac Posen dress.

Tina Fey
(cast member and writer, 1997–2006)
ABS by Allen Schwartz jumpsuit.

Girls

Live from New York, it's...the best birthday party ever, as the legendary women of *Saturday Night Live* reunite (accompanied by a few of this season's dudes). All this female greatness in one place? We're not worthy! By Megan Angelo

Photographs by **Jason Bell** Stylist: **Sophie Pera**



Sasheer Zamata
(cast member 2014–present)
Vionnet dress.

"The people who could break me up were Gilda [Radner] and Billy [Bill Murray]. They just knew how to make me laugh."
—Jane Curtin
(original cast member, 1975–1980)
Halston Heritage blouse. Lauren Ralph Lauren pants.

Cecily Strong
(cast member, 2012–present)
Michael Kors dress.

"The *SNL* audition was an out-of-body experience, so it's difficult to remember what actually happened."

—Kate McKinnon



Colin Jost
(cast member and writer, 2005–present)
Ralph Lauren Black Label tuxedo. Dior Homme shirt.

Kate McKinnon
(cast member, 2012–present)
Narciso Rodriguez dress.

Rachel Dratch
(cast member, 1999–2006)
Elizabeth and James dress.

Michael Che
(cast member and writer, 2013–present)
Tom Ford jacket. Salvatore Ferragamo shirt. Prada pants.



"It got to a point where I just couldn't perform with Will Ferrell. We'd go into hysterics laughing."
—Molly Shannon

"The question 'Are women funny?' is so boring to me. Who thinks that? And if they do, f--k 'em!"
—Aidy Bryant
(cast member, 2012–present)
Lane Bryant shirt.
Tadashi Shoji skirt.

Casey Wilson
(cast member, 2008–2009)
Alice + Olivia by Stacey Bendet jumpsuit.

Cheri Oteri
(cast member, 1995–2000)
Marni dress.

Molly Shannon
(cast member, 1995–2001)
Alice + Olivia by Stacey Bendet dress.

"When I was younger, I remember wanting to crawl into the TV while watching *Saturday Night Live*."
—Maya Rudolph



Maya Rudolph
(cast member, 2000–2007)
Marc Jacobs dress.

Vanessa Bayer
(cast member, 2010–present)
Valentino dress.

Leslie Jones
(cast member and writer, 2014–present)
Tadashi Shoji dress.

Taran Killam
(cast member, 2010–present)
Tom Ford vest, shirt, pants.

HAIR FOR NEWMAN: MARINA MIGLIACCIO FOR THE REX AGENCY; WIIG: MARA ROSZAK FOR STARWORKS ARTISTS; POEHLER: ALEX POLILLO FOR FORWARD ARTISTS; GASTEYER: SARAH POTEMPA FOR THE WALL GROUP; FEY: KEITH CARPENTER FOR THE WALL GROUP; JONES, ZAMATA: NOEL REID-KILLINGS FOR KEN BARBOZA ASSOCIATES, INC.; MCKINNON: ALLEN WOOD; CURTIN, DRATCH, BRYANT, STRONG: JOHN RUIDANT FOR SEE MANAGEMENT; WILSON: BRIDGET BRAGER FOR THE WALL GROUP; SHANNON: JONATHAN HANOUSEK FOR ALTERNA; RUDOLPH: JOHN D. FOR STARWORKS ARTISTS; BAYER: ANDREW FITZSIMONS FOR ABTP.COM. HAIR AND MAKEUP FOR OTERI: NORA DOENCH. PROP STYLISTS: LAURA IBANEZ-BAILEY AND ISAIAH WEISS

When the first episode of *Saturday Night Live* aired on October 11, 1975, the show's three female cast members—Jane Curtin, Laraine Newman, and the late Gilda Radner—played, perhaps expectedly, nurses and housewives. Not expected? How weird, bold, and fearless they were—after all, they were nurses to bees and any bimbo housewife was a foil to bad-boy behavior. They showed women as smart, funny, complicated, and *real*. It was so addictive that *SNL* became TV worth staying in for, and the female power players were as big a draw as the guys. Over the decades *SNL*'s woman power grew, and so did the instant-classic female characters born on Lorne Michaels' stage. There was Molly Shannon's self-confidence champion Mary Katherine Gallagher, Rachel Dratch's Debbie Downer, and, of course, Tina Fey's epic Sarah Palin. To celebrate 40 years of *SNL*, *Glamour* got 17 extraordinary female alumnae together to talk about everything that happens before and after the lights go on at Studio 8H.

.com
Watch our exclusive video with the women of *SNL* at **glamour.com/video.**

The Groundbreaking History

AMY POEHLER: I was such a huge fan of Gilda, Jane, and Laraine. They paved the way for me in my formative teen years. There were the men too. I can't remember their names, but they were great.

JANE CURTIN: We were brazen, and women were not brazen prior to *SNL*. We portrayed women as people, which is huge.

KATE McKINNON: Growing up I thought Cheri [Oteri], Molly [Shannon], and Ana Gasteyer were the best women ever. I still do.

CASEY WILSON: When I was little, I would take copious notes about *SNL*. My dad found one that said, "I really want to be on the show one day." He photocopied it, and had the concierge put it in my hotel room the day I auditioned.

The Tryouts—and the Terror

KRISTEN WIIG: Auditioning for *SNL* is the most nervous I've ever been in my life. It was terrifying.

CHERI OTERI: I got food poisoning the night before my audition. But even with no sleep, I could've danced with two broken legs. It's that adrenaline!

SASHEER ZAMATA: I was about to move to L.A. when I got the audition call. I did Nicki Minaj and Rihanna at Thanksgiving, and Destiny's Child in a three-legged race where they just argue and sing. I didn't hear anything for a month and didn't leave my bed. My roommates got me food.

LARAINE NEWMAN: Lorne came to The Groundlings [the comedy troupe she cofounded] when I was performing. I didn't know that I was auditioning, which is a good thing because I suck at auditions.

CECILY STRONG: When I was told I got it, I was sobbing. I'm an overdramatic crybaby.

LESLIE JONES: This is the first job I've had where I can actually be myself. I mean, in what other job can I just be a crazy person?

The Backstage Secrets

TINA FEY: It's understood that everyone comes in and has to write for themselves. *That's* the difference between getting handed the part of the stewardess and getting to play what you think is funny. You're not going to stay up all night to give yourself one wife line.

RACHEL DRATCH: When I came up in comedy, you had to gender-neutralize yourself for good roles. If you thought of yourself as a woman instead of as one of the players, you'd be relegated to the waitress role. But in my time on *SNL*, that started changing.

McKINNON: Behind the scenes, the show is like a middle school play. Everyone is running around looking for their mom, wondering what wig comes on next, can I pee in these Spanx?

POEHLER: I liked the costumes depending on how easily I could take a nap in them. I always pitched a character called Sleeping Bag Lady, who just wore a sleeping bag, but it never caught on.

ZAMATA: The schedule is very intense, but the craziest ideas come to mind when you're so tired and harried.

MAYA RUDOLPH: Most of our time together we were exhausted. You're only focused on your sketches or if you were even going to be in the show—and having to call your parents to explain they weren't going to see you that week.

VANESSA BAYER: Our music video sketches start shooting on Friday at 5:00 A.M.; on Saturday we rehearse with cameras, costumes, everything. Then we do the dress rehearsal at 8:00 P.M. for a live audience. And then, somehow, the show happens.

The Famous, Oh-So-Quotable Sketches

FEY: I was complaining about my unfortunate jeans with Amy, Maya, and Rachel. Somebody called them mom jeans, and it turned into the [classic Mom Jeans ad]. Looking back, I'm at my goal weight in that commercial, even though I was wearing padding.

DRATCH: I was on vacation in Costa Rica, and when I told someone that I was from New York, they asked, "Were you there for 9/11?" The conversation froze. When I got back, the name [Debbie Downer] popped into my head.

WIIG: Gilly [the pesky schoolgirl] started with a silly face I made working late at the show one night. Target Lady was in fact inspired by a Target worker. Penelope came from listening to someone one-up people all the time. We all know a Penelope or two.

McKINNON: I was asked to play Justin Bieber, but didn't think I could—it was a torturous week. I watched a ton of videos and practiced his footwork, but it's complicated, so I went with his smirks.

OTERI: I wanted [Arianna, her overly peppy cheerleader] to be the opposite of me. I was a cheerleader who had no team spirit—I just liked going to parties with the guys.

MOLLY SHANNON: Every Mary Katherine Gallagher sketch was about fear and success. I was so nervous on the show, but she made me feel brave. When you write what's inside of you, people relate.

The Incomparable Friendships

RUDOLPH: I moved to New York specifically to work on the show. I was looking for a community, and most of us women huddled up together. Drinking is always a helpful way to bond at *SNL*.

CURTIN: The women on the show were very tight—we respected each other's talents. And we understood that we were going to have to work harder than the guys.

FEY: When I look back on Amy doing Hillary [Clinton], pregnant, with all the attention on those [political] sketches, she was like Derek Jeter batting in the World Series with a screaming crowd. She was never distracted by the noise. She just did it.

AIDY BRYANT: Kate and I are best buds, and we started calling ourselves [Dyke and Fats]. We'd be like, "Sorry! Dyke and Fats are late." We knew it was touchy, but it felt powerful to put it [in a 2014 skit], like, We don't worry about this stuff, so neither should you.

POEHLER: Every time I did a scene with the other ladies, it felt like a highlight. And if it was a stinker, it was almost more fun to think about how we would laugh about it later.

ANA GASTEYER: My *SNL* peers are the ones who understand me best today. The show isolates you from real life for years, so for all of us to now have dogs and children—it feels like a victory.

WIIG: Leaving was a punch-in-the-gut sadness. It still lingers. I don't think it will ever go away.

WILSON: The best advice I ever got was from Amy Poehler. We were backstage, and she said, "Whenever [announcer] Don Pardo calls your name, just take a second to be grateful. You're getting to do what you love."

MAKEUP FOR NEWMAN: ALEXIS ELLEN FOR THE REX AGENCY; WIIG: TRACEY LEVY FOR FORWARD ARTISTS; POEHLER: BRETT FREEDMAN FOR CELESTINE AGENCY; GASTEYER, ZAMATA, CURTIN, STRONG, MCKINNON, BRYANT, BAYER, JONES: MATIN FOR RAY BROWN PRODUCTIONS; FEY: GENEVIEVE HERR FOR ABTF.COM; DRATCH: ANNETTE WEEKS; WILSON: KATHLEEN KARLZIENE; SHANNON: LANCOME; KILLAM: REIVA CRUZ FOR EXCLUSIVE ARTISTS MANAGEMENT; MANICURES FOR KAREN JOSTI; MEGAN LANOUX FOR LANCOME; KILLAM, REIVA CRUZ FOR EXCLUSIVE ARTISTS MANAGEMENT; MANICURES FOR KAREN GUTIERREZ; DEBBIE LEAVITT BOTH FOR NAILING HOLLYWOOD; MARY SOUL FOR RAY BROWN PRODUCTIONS; ANA-MARIA, TATYANA MOLOT, BOTH FOR ABTP.COM. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



Mega Match!

Think coordinating your clothes with your accessories is a *Glamour* Don't? Think again. This season it's all about the power pairing.

Photographs by **Sebastian Mader** Stylist: **Natasha Royt**

Double-Bag It

Why stop at one? A second bag makes a graphic look more fun. **Diane von Furstenberg** tote (on arm), $298, cross-body bag, $198, coat, $798, top, $198, skirt, $328. **Vhernier** bracelet. **Kenneth Jay Lane** blue and white rings, $90 each. **Michelle Campbell** ring, $275. Craving a bold blue mani? Try **Essie** Nail Color in Aruba Blue ($8.50, essie.com).



Pretty, Please

Up the wow factor of a patterned coat with a matching patterned purse.
Valentino Garavani bag, $3,645. **Valentino** coat, dress, $1,490. **David Webb** ring. **Oscar de la Renta** bracelet, $450. Like a glossy wine-color nail? Try **Lancôme** Vernis in Love in Madame Tulipe ($16, lancome.com).



Say It With Flowers

Love blooms? Try 'em on your bag *and* your clothes. A white mani keeps it fresh. **Max Mara** bag, $950, blouse, skirt, scarf. **Ben-Amun by Isaac Manevitz** bangles, $40 each. **Andrea Fohrman** ring. For nails, try **Chanel** Le Vernis Nail Colour in Eastern Light ($27, chanel.com).



Go Big-time Boho

Piled-on bracelets and rings are the perfect complement to a bold coat and clutch. **Dries Van Noten** necklace, $1,645, clutch, $945, coat, $1,795, dress, $1,030. **Mark Davis** bracelets. **Sanjay Kasliwal** rings. **Seaman Schepps** shrimp ring. For metallic red nails (nice for day *or* night), try **Sally Hansen** Complete Salon Manicure in Scarlet Letter ($8, at drugstores). **See Glamour Shopper for more information.** Model: Rachel Cook at New York Models; makeup: Jodie Boland for See Management; manicure: Honey for Exposure NY.



HER WORDS TO LIVE BY:

"I steer clear of people who are afraid to make mistakes and live only according to the advice of others. Life is too wonderful to be scared of it."

—Nadya Tolokonnikova, left, photographed with Masha Alekhina in New York City

STYLIST: ANYA ZIOUROVA FOR JED ROOT; SET DESIGN: NOEMI BONAZZI FOR BRYDGES MACKINNEY; PRODUCTION: HEN'S TOOTH PRODUCTIONS; HAIR: PASQUALE FERRANTE FOR ARTLIST; MAKEUP: SAM ADDINGTON FOR CHANEL. FROM LEFT: VICTORIA BECKHAM JACKET. THE ROW DRESS. SAINT LAURENT BY HEDI SLIMANE JACKET. MAJE DRESS

The Punks Are Back

They're feminists. They're rock stars. They've done prison time. They're the public duo behind the Russian group Pussy Riot, and now they're launching an independent news service—and reminding us all to stand up for our beliefs. By Julia Ioffe

Photograph by **Jennifer Livingston** Stylist **Anya Ziourova**

In February 2012 five young women, faces obscured by colorful balaclavas, burst into a Moscow church, sang their "Punk Prayer," and denounced the imminent reelection of President Vladimir Putin, one of the most powerful men in the world. At the time not many Americans had heard of their underground feminist group, but since then, Pussy Riot has become a global symbol of just how fierce girl power can get.

Today two of the founding members, Nadezhda "Nadya" Tolokonnikova, 25, and Maria "Masha" Alekhina, 26, are busy hiring investigative reporters for the news outlet they've started—a daring move in a country known for clamping down on independent journalism. Called Mediazona, the agency's focus is to monitor and expose abuses in the country's courts, prisons, and law enforcement agencies.

It's something they know about all too well: Two and a half years ago, they were sent away to separate prisons. I sat in the packed, stuffy courtroom the summer of 2012 when Nadya and Masha stood trial for their church performance. Charged with "hooliganism," they were impressive in their aquarium, the bulletproof glass cage from which they had to watch the proceedings, periodically bending down to the tiny window to speak in their own defense. (Their lawyers were often busy tweeting, as far as I could tell.) "Who is to blame…for our being put on trial after the concert?" Nadya asked rhetorically. "The authoritarian political system is to blame. What Pussy Riot does…is a form of civil action in circumstances where basic human rights, civil and political freedoms are suppressed by the corporate state system."

Still, they were found guilty and sentenced to two years behind bars, a ruling that several Western governments condemned as disproportionate. "It explicitly revealed the regime's abhorrence of feminism," says Valerie Sperling, Ph.D., a professor of political science at Clark University, in Worcester, Massachusetts, and author of *Sex, Politics, & Putin*. But Nadya and Masha used their sentence to draw attention to Putin's repressive regime as he assumed his third term as president. From around the world celebrities—Madonna, Adele, Burma's Nobel Peace Prize–winner Aung San Suu Kyi—came out in support. "They have done something courageous," Madonna said at a Moscow concert. "I think they have paid the price for this act. And I pray for their freedom."

What inspired them to take such a bold, public stand? "When I was four, my dad gave me an art history book," says Nadya; her interest later led her to Moscow's radical Russian performance-art scene, where she met her husband, Pyotr Verzilov, with whom she has a six-year-old daughter. Masha, who has a seven-year-old son, first ran up against the harsh Russian system in school: "Every student heard 'You're not normal' if their views didn't line up with the views of teachers and government," she says. "I didn't like that. I didn't want to live like that; I still don't want to live like that."

That fearlessness was on display when the two got out of prison in December 2013. Nadya emerged shouting, "Russia without Putin!" And since, they've been just as defiant as the day they were locked up, getting arrested a combined total of nine times, releasing two new protest videos, and speaking at multiple international events. They've also founded, along with Mediazona, Zona Prava to provide legal support to inmates and document abuse in Russian prisons, which are notoriously cruel to women. (Where Nadya was held, women were forced to work in the sewing shop 16 to 17 hours a day, she reported in an open letter, getting only four hours of sleep at night; one woman had to have her foot amputated because of such bad frostbite. If seamstresses couldn't keep up? Some were made to sew naked.) Now, through Zona Prava, Nadya says, "we're looking into the deaths of people. Sometimes the report says 'suicide' or 'stroke,' but when you poke around, you find out they really died of police mistreatment."

Pussy Riot's latest video in December railed against injustice, sexism, and, yes, Putin's crackdown on freedom of expression. In it, Nadya and Masha appeared as witches (a reference to Russia's disdain for strong women) and called on demonstrators to protest the conviction of a prominent opposition leader. "Our real goal is individual bravery," says Masha, "when each person decides, 'I'll go out onto the square—I *can* do it, even if it's cold, even if they'll arrest me.' That's how change begins."

Julia Ioffe is a former Moscow-based correspondent for The New Yorker; *she now lives in Washington, D.C.*



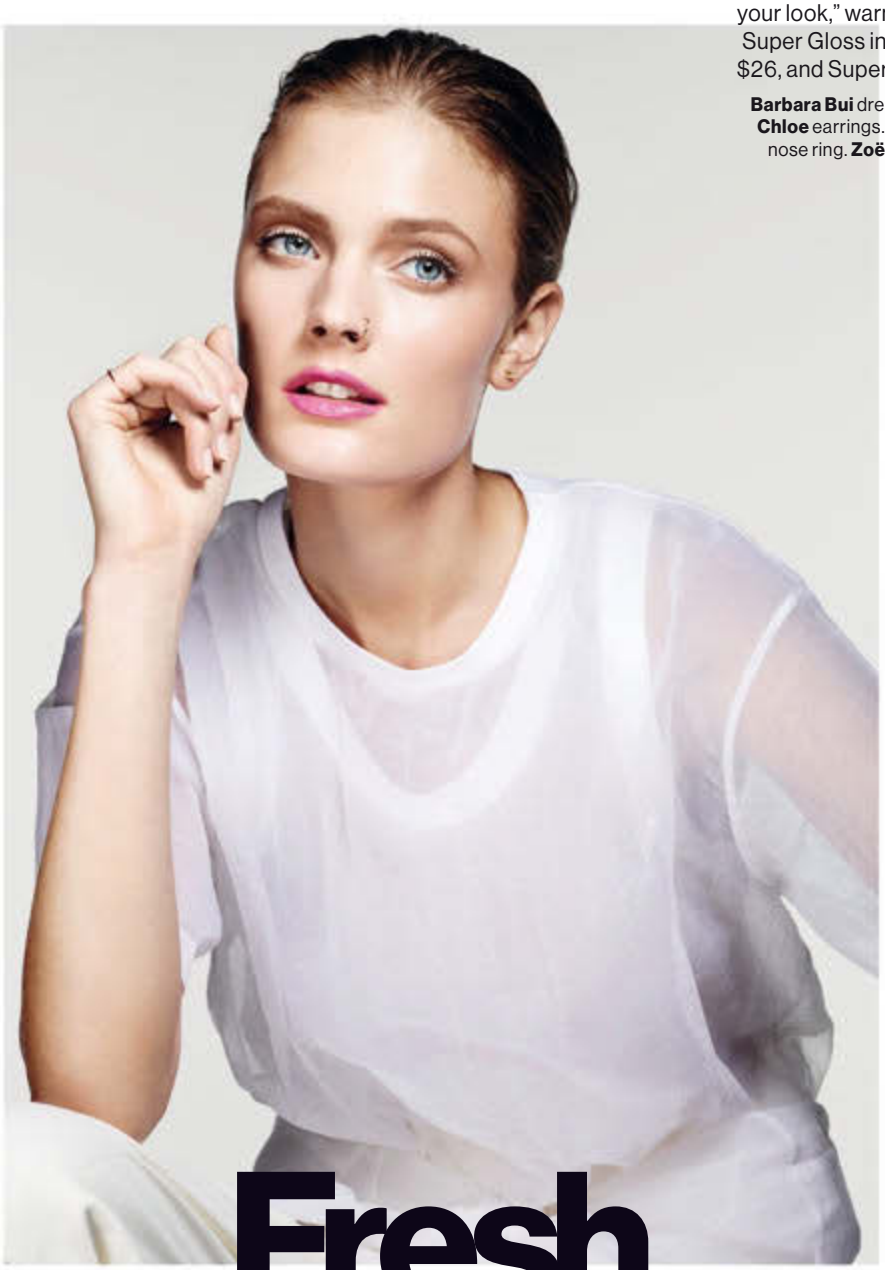
The Almost-Bare Look

Let's be clear—even if you have nearly flawless skin, even if you're a supermodel like Jablonski here, you'll *still* benefit from a bit of strategically placed highlighter. Kendal suggests applying it along cheekbones, bridge of nose, and brow bones to brighten and lift your features. Try Iridescent Ball Highlighter, $26. All makeup on these pages, Courrèges Estée Lauder, esteelauder.com.

3.1 Phillip Lim top. Earrings: **Sarah Chloe** diamond, **Hirotaka** bar, **Ariel Gordon** hoop.

The Bright Lip
Got five minutes? Punch up a neutral face with a hot pink gloss and false lashes. Just don't go overboard with the lashes—"it instantly dates your look," warns Kendal. Try Super Gloss in Rosy Future, $26, and Super Lashes, $32.

Barbara Bui dress, tank. **Sarah Chloe** earrings. **Ariel Gordon** nose ring. **Zoë Chicco** ring.



Fresh Face

Presenting four new, minimalist-glam looks you'll want to wear right now, created by makeup legend Diane Kendal on model Constance Jablonski. The colors: an exclusive Courrèges–Estée Lauder collab. Love! By Ying Chu

Photographs by **Liz Collins** Fashion editor: **Laura Ferrara**

The Bold Brow
Eyebrow game strong: At right, they're brushed up and defined with short pencil strokes. Combine with nude lipstick, bronzer on cheeks, and white liner "to make eyes innocent and bright," says Kendal. Try Ultra White EyeLiner in Lunar White, $26.

Courrèges hoodie.
Pringle of Scotland tank.
Annabelle New York boa.
Hirotaka earrings.



Make no mistake: The looks on these pages are not the kind of washed-out "minimalist makeup" of the grunge era. No, we're calling this go-around glam minimalism: "In the nineties no-makeup makeup was waifish, rock 'n' roll," recalls makeup artist Diane Kendal. "Today it's about polish—making the skin look flawless, healthy, and glowing." Follow her steps below, and you'll look refined enough for the office or a night out; take a few extra minutes to add a single accent—a bright lip, bold eyeliner, or strong brows—and you'll get the dramatic looks seen on these pages. Ready? Follow Kendal's perfect-face crib sheet.

1
Prep Skin With a Light Base

Here's the thing with no-makeup makeup—there's actually a fair amount of work involved. To keep skin natural-looking, start by spot-correcting blemishes and discoloration (use a green cream corrector to tone down redness around the nose, a yellow-toned concealer for dark undereye circles, and a non-oily cream corrector that matches your skin tone to camouflage zits). Follow by applying a light-coverage foundation or BB cream just where necessary to even out tone; most people need a little on the forehead, chin, and nose. "If I want to create an even more polished look," says Kendal, "then I use foundation to cover everything."

2
Want Supermodel Bone Structure? Contour First...

Contour colors are generally two to three shades darker than your skin. As for where to put them, "I always contour under the cheekbones and along the banana [crease] of the eye, and sometimes I put a tiny bit underneath the eyes to add definition," explains Kendal. Draw on the powder or cream in a line along the area where you want to create a shadow, then blend and soften with a brush or your fingers. Repeat to deepen the effect.

3
...Then Add Highlights

"With highlighting, I apply it across the tops of the cheekbones, down the center of the nose, along the upper lip line [Cupid's bow], on the chin, and above the eyebrows to lift them up," says Kendal. "To me, highlighting under the brows seems a bit old-fashioned." As a general rule: If you have fair to medium skin, choose a light opalescent or pearly highlighter; if you have olive or dark skin, go with more golden tones. Again, either powder or cream formulas work—just don't forget to blend. And stay away from anything too shimmery, to avoid that disco-ball vibe.

4
Now for the Finishing Touches

This is when you ramp up the drama. If you use powder formulas for highlighting, Kendal suggests gently patting a tiny bit of moisturizer on top of the makeup to enhance the finish. (She suggests a rich moisturizer like Embryolisse Lait-Crème Concentré, $16, sephora.com; we also like Estée Lauder Advanced Night Repair Eye Synchronized Recovery Complex II, $58, esteelauder.com.) Another trick to help dew-ify your look: Lightly mist your finished face with a rose water spray (as Kendal did for the "Bright Lip" look on the previous page). Refresh throughout the day for a quick makeup—and mood—pick-me-up.



The Diffused Cat Eye
Want to modernize a classic cat? Mess it up (just a touch). After drawing on the wing, Kendal goes over it with a clean shadow brush to soften and blur. Try Eye Amplifier in Black Silver, $26.

Jil Sander top. Earrings: **Hirotaka** pearl, **Ariel Gordon** diamond. Rings, from top: **Zoë Chicco, Bel & Skar** (left), **Catbird, Mociun. See Glamour Shopper for more information.** Hair: Teddy Charles for Art + Commerce; makeup: Diane Kendal; manicure: Bernadette Thompson.



America, Explained

From a young woman's point of view, that is! This exclusive new report spells it all out: which states are best (and worst) for your health, happiness, salary, *everything*.

By **Rebecca Webber** Illustration by **Julie Teninbaum**



Let's play a quick game of Guess Who. You're on a plane, sandwiched between two young women: one from Washington, D.C., the other from Nevada. Who do you think is more likely to be the bigger drinker? Nope—not the one who lives near Las Vegas; the answer is Miss D.C., since young women there binge-drink more than in any other area of the country. Wondering how else the 50 states and D.C. differ on key female issues? The Institute for Women's Policy Research (IWPR) has answers. For the last 28 years, the IWPR has been compiling facts like these, building the ultimate database on women in every state in America (plus D.C.). This spring IWPR is releasing its latest report—and in this groundbreaking *Glamour* exclusive, its experts have analyzed state-by-state numbers specifically on younger women. Yes, "as a young woman, your choices matter," says Heidi Hartmann, Ph.D., president of IWPR. "But our data show that where you live also matters a great deal: Your state can affect how much it costs to go to college, how much you will earn, how much child care will cost you, your overall health, and much, much more." Whether you're considering a move to a new state or are curious about how you, a woman in, say, Idaho or Missouri, can get a salary more like a woman in Maryland's, read on. Insight ahead!

continued on next page

your PAYCHECK

One of the areas IWPR looked at: young women's earnings, which vary astonishingly from state to state. "Economic structure is different in different parts of the country," says Hartmann. In certain economies, "women do better." Observe.

Your Salary

WHAT'S AVERAGE:
$31,000 annually (for full-time work)

WHERE EARNINGS ARE HIGHEST:
D.C. ($53,900); Massachusetts ($40,000); Maryland ($38,600)

WHERE EARNINGS ARE LOWEST:
Idaho ($24,900); Mississippi ($25,400); Arkansas ($25,000); New Mexico, Nebraska ($26,000)

One reason women under 35 in places like D.C., Maryland, and Massachusetts make twice what their peers do in Idaho, Mississippi, and Arkansas? Education, education, education. D.C. is the best-educated part of the country. "In Massachusetts there's a centuries-long history of commitment to public education, which can explain why the state developed a white-collar economy," says Hartmann. The industries in your state matter too: "Maryland, for example, has been working for a while to get more women into STEM fields," says Ariane Hegewisch, a study director at IWPR.

The Pay Gap

WHAT'S AVERAGE:
Young women working full-time make 89 cents to their male counterparts' dollar.

WHERE THE PAY GAP IS NARROWEST:
New York ($1.02 to men's $1); Vermont, D.C., California (98¢); North Carolina (97¢)

WHERE THE PAY GAP IS WIDEST:
Wyoming (72¢); Louisiana (78¢); Utah (79¢); Idaho, Nebraska (82¢)

Now this is cool: Young women in the Empire State have not only closed the pay gap—they're now outearning young men. "New York has a large city that's a magnet for highly educated women," explains Hartmann. (To be fair, the recession has also walloped male-dominated professions like finance and construction.) What's more, women in New York don't start families until age 27 or 28, but the average woman in Wyoming has her first baby at 23—significant since, says Claudia Goldin, an economics professor at Harvard University, the pay gap generally grows as women get older because of "children, end of story." No one can tell you the right time to have a baby; just know that earning your full potential early on can keep your pay higher for life. "If you slow down in those periods," says Hegewisch, "you can fall behind." Plan accordingly, and follow your heart.

42
Average number of hours a young woman works each week

Your Hours

WHAT'S AVERAGE:
42 hours per week (for full-time work)

WHERE THE WORKWEEK IS LONGEST:
D.C. (45 hours); Wyoming (44); Alaska, New York, Hawaii (43)

WHERE THE WORKWEEK IS SHORTEST:
West Virginia , Alabama, Utah, Nevada, Arkansas (41)

The 42-hour workweek is the new norm. Why do locales like New York top even that? It's largely because their residents are educated. "People with more education are working longer hours than those with less education," says Jerry Jacobs, sociology professor at the University of Pennsylvania. What's menacing about this longer workweek: "Growth of household income over the past 35 years has come from workers spending more time on the job, not from them getting paid more," says David Cooper, senior economic analyst at the Economic Policy Institute. No matter where you live, fight for your value.

Unemployment

WHAT'S AVERAGE:
12% of young women were unemployed at some point in 2013.

WHERE UNEMPLOYMENT IS LOWEST:
North Dakota (2%); Nebraska, Iowa, South Dakota (6%)

WHERE UNEMPLOYMENT IS HIGHEST:
Alabama, Mississippi (16%); New Mexico, Georgia (15%)

"The job growth in the top states is driven by the oil and gas boom," says Cooper. Those industries are typically male, says Hegewisch, but they create jobs in other industries: "You might have some women engineers or surveyors, but the boom will also generate jobs in shops, restaurants, hotels, and maybe even a couple more doctors' jobs." Alabama, Mississippi, and New Mexico all cut tax-payer funded jobs (like teachers) during the recession; since those are female-dominated fields, women took the hit.

your HEALTH

"If health is a cake recipe, one ingredient is how much you make, one is who you're married to, and so on, but the most important ingredient is where you live," says Dan Buettner, author of *The Blue Zones Solution,* who has examined communities where people have the greatest longevity. You can focus on your workouts and diet, he says, but "there's nothing more important than living in a place that makes health decisions easy for you."

Your Diet

WHAT'S AVERAGE:
Just 15% of young women eat at least five servings of fruits and veggies a day.

WHERE DIETS ARE HEALTHIEST:
Oregon, New Hampshire (20% get five servings a day); Vermont, Maine (19%)

WHERE DIETS ARE LEAST HEALTHY:
Oklahoma, West Virginia, Mississippi (9%)

Wake-up call: *None* of us is doing a great job of getting our greens. Even in best-in-class Oregon, only 20 percent of young women are eating five servings of garden goods each day. What distinguishes Oregon from states where young women are eating even *less*? Availability. "Oregon and Vermont are states with more access to things like farmers' markets," says Kelly Pritchett, a nutrition and exercise science professor at Central Washington University. Policy and culture can sway you too: "If your city has a farmers' market every Thursday and they hire bands, the city has made an effort to make it a social event," says Buettner. "Whereas if you live in a place where junk food stores are big and powerful, people are going to eat that stuff."

Your Workouts

WHAT'S AVERAGE:
49% of young women exercise 150 minutes per week (roughly five 30-minute workouts).

WHERE THE MOST WOMEN EXERCISE:
Oregon (68%); Alaska, Montana (63%)

WHERE THE FEWEST WOMEN EXERCISE:
Tennessee (36%); Mississippi, Texas (39%)

Girl, look at that body—in Oregon they work out! The majority of the state's young women exercise the doctor-recommended 150 minutes per week. It's not all at the gym: They get their sweat on in smaller ways every day, a function

of how their state was built. "In Portland, for example, it's easier to walk or ride your bike downtown than it is to drive," says Buettner. A place like Tennessee just isn't set up that way. "Some towns, like Chattanooga, are pretty active, but overall you don't see bike paths," says Pritchett.

Your Drinking

WHAT'S AVERAGE:
20% of young women have had four or more drinks on one occasion in the past month.

WHERE BINGE-DRINKING IS LEAST COMMON:
Utah, West Virginia (11% have binged in the past month); Tennessee (12%)

WHERE BINGE-DRINKING IS MOST COMMON:
D.C. (32%); Wisconsin, North Dakota (30%)

It's an adult version of peer pressure: In D.C., where politics and business place a premium on wining and dining, young women are most likely to binge-drink. In central states, like North Dakota and Wisconsin (home to "Brew City" Milwaukee), experts blame high drinking rates on the history of alcohol. "There's a view that heavy drinking is normal," says Sharon Wilsnack, a substance abuse researcher at the University of North Dakota. "People say: 'I did this when I was young, and I don't care if my kids do it.'" Alcohol attitudes do a 180 in Utah with its largely Mormon population and in Bible Belt states like Tennessee.

20
Percentage of young women who are binge-drinkers

Your Sexual Health

WHAT'S AVERAGE:
623 of every 100,000 women get chlamydia, the most commonly reported STD

WHERE CHLAMYDIA INCIDENCES ARE LOWEST:
New Hampshire (327 of every 100,000 get it); Maine (354); Utah (356)

WHERE CHLAMYDIA INCIDENCES ARE HIGHEST:
D.C. (1,200); Alaska (1,100); Mississippi (826)

Shocking trend: The incidence rate of chlamydia increased 54 percent between 2000 and 2012. The silver lining? The rise could be because of better testing. Women in D.C. and Alaska, for instance, have the highest chlamydia rates, but those states also do more gynecological screenings in general. "If you look for something, you might find it," says Katharine O'Connell White, M.D., assistant ob-gyn professor at Tufts University. In this case, since chlamydia can lead to infertility, "what you don't know can hurt you," she says. So if you're sexually active and your doctor hasn't suggested a test, ask for one—no matter where you live.

your HAPPINESS

How long you sit in traffic, whether it's rained for days—environmental stressors like these correspond with your zip code. And, the IWPR data suggests, they have a measurable impact on your mood.

Your Mental Health

WHAT'S AVERAGE:
20% of young women have been diagnosed with depression.

WHERE DEPRESSION RATES ARE LOWEST:
California, Hawaii (only 13% have been depressed); New Jersey (14%)

WHERE DEPRESSION RATES ARE HIGHEST:
Vermont, Maine (33%); New Hampshire, Oregon (30%)

States with the highest rates of depression are, you guessed it, cold or rainy, while those with low rates are generally sunnier. "People tend to be happier in the sunshine states," says Samantha Meltzer-Brody, M.D., of the University of North Carolina's Center for Women's Mood Disorders. "More sun is good for circadian rhythms." A support system helps too: In New Jersey "you have a high population density, which means more opportunity for social interaction," she says. But our experts suspect that in some states, like Georgia (fifth least depressed at 17 percent), depression is underdiagnosed. "There is a culture of honor there," says Emiliana Simon-Thomas, of University of California Berkeley's Greater Good Science Center. "So people may be less likely to say, 'I'm not doing well.'"

Your Mood

WHAT'S AVERAGE:
Young women report their mental health is "not good" five days per month.

WHERE ANXIETY IS LOWEST:
New Jersey, Hawaii, North Dakota, Virginia (women report feeling this way less than four days a month)

WHERE ANXIETY IS HIGHEST:
Arkansas (seven days); Maine, Kentucky, New Hampshire, Alabama (six days)

Young women spend nearly two months (*months!*) each year feeling sad, stressed, afraid, or down. Traces of the recession may be to blame: "For many women a secure financial future feels more tenuous than ever," says Dr. Meltzer-Brody. Well-paid Jersey girls are most optimistic.

"Not every state checks every box," says Hartmann, "but you can find a state that checks the important boxes for *you*."

We Rate the States

Compare your locale in our speed round.

If you're a working mom, you have company in the Dakotas, Minnesota, Iowa, and Rhode Island, where women with young kids are most likely to work. In Utah, they're least likely to do so.

Childcare will cost you in Minnesota, where women spend 35% of earnings on baby care; it's most affordable in places like Alabama (17%) and Louisiana (18%).

You're leanest if you live in Colorado. Only 37% of young women are overweight or obese there, compared with more than half in states like Mississippi, Alabama, and South Carolina.

It might be harder to quit smoking in West Virginia. Or Kentucky or Ohio, where the highest percentages of young women smoke. California, Utah, and Texas are more smoke-free.

You'll have health insurance in Massachusetts. In the Bay State 95% of young women have coverage; Pennsylvania (85%) and Delaware are going strong (86%). Our sisters in New Mexico and Texas are least likely to be insured.

Young women are sick more in Arizona. On average, poor health interferes with their ability to go about their normal life four days a month. Women in Midwest states, such as Iowa and Kansas, feel out of sorts the fewest days.

Women are climbing the ladder in places like Virginia. The state for lovers is also a state where 39% of young women hold managerial or professional jobs; their counterparts in Michigan are more likely to do blue-collar work.

You'll be surrounded by educated young women in the Northeast. In Vermont and Connecticut, 47% of young women have a bachelor's degree. Mississippi ranks last, with 24%. The national average? 37%.



Next Up!

Your first look at the season's brightest new stars. (In the boldest new clothes!) By Kate Branch

Photographs by **Sebastian Kim**
Stylist: **Jessica dos Remedios**

"Sometimes strong women in film are made to look macho or boyish. I love that my character is both strong *and* feminine." —Sophie Cookson

The Undercover Girl: Cookson, 24, beat out fellow Brit Emma Watson to play a spy in training in *Kingsman: The Secret Service* (out now) alongside Colin Firth and Sir Michael Caine. **Her off-duty uniform:** She's glammed up here, but the recent drama school grad loves "nothing more than a good pair of boots, jeans, and a leather jacket," she says. "Some days I just throw on a big scarf." **How she chooses an outfit:** "I seek comfort even when dressing for an awards ceremony. Jewelry helps to dress it up, and hair—big hair." **Gucci** dress. **Tod's** ring, $295. For her dewy sheen, we like **Jergens** Shea Beauty Oil ($10, at drugstores).



"I was shooting *Furious 7* at the same time as *Game of Thrones*. Sometimes I'd start speaking Valyrian to Vin Diesel!" —Nathalie Emmanuel

The Free Spirit: *GoT* fans, rejoice! Emmanuel, 25, who plays Daenerys' right hand, Missandei, has an even bigger role in season five. And *Furious 7* (out in April) marks her Hollywood film debut. **Her beauty secret:** To keep her hair healthy, the Londoner turns to baking soda and brown sugar to exfoliate her scalp. And "I use coconut oil for the tips of my hair, my face—even on my toast!" she says. **How she makes a look her own:** "I like to accessorize. I'm really into body-armor-like pieces that begin at the neck and go down around my waist." **Carven** dress, $1,450. Want frizz-free curls that last? Try **Carol's Daughter** Marula Softening Serum ($18, ulta.com).



"My song 'Ghost' sent me all over the world—I never thought that would happen to me at age 18." —Ella Henderson

The Music Expat: Now 19, Henderson, a U.K. *X Factor* alum (Simon Cowell signed her and is her "cool uncle," she says), just released her first album, *Chapter One,* now topping charts in England. **Her stage uniform:** She wears a tailor-made jumpsuit at every show. "If you'd said to me a year ago, 'We are going to put you in a jumpsuit or trousers,' I would have run. Now I love them!" **Her style idol:** "I base myself on a modern-day version of Brigitte Bardot. I like a blouse with a pussy bow and long, disheveled hair." **Balenciaga** coat, $1,845. **Calvin Klein Underwear** shirt, $32. **Loft** pants, $80. For her easy waves, try **Tresemmé** Perfectly UnDone Wave Creating Sea Foam ($7, at drugstores).



"This has been a year of firsts for me.... I'm learning that standing up for myself doesn't make me less liked." —Caitlin Gerard

The Rebel: In the racially charged new ABC series *American Crime* (penned by the award-winning *12 Years a Slave* writer John Ridley), Gerard, 26, stars as a troubled young woman entangled in a *Romeo and Juliet*–like romance. **Where she got her style start:** Hitting the flea markets in Southern California. "I love mixing and matching generations," she says. "Plus, fashion recycles!" **What she plans to wear on the red carpet:** Something structured with a feminine flair, she says. "And tuxedos! Something about pants makes me feel stronger." **Fendi** dress. To get her statement lips, try **CoverGirl** Colorlicious Lipstick in Garnet Flame ($7, at drugstores). **See Glamour Shopper for more information.**

Hair for Cookson and Emmanuel: Hiro + Mari Watase for Bryan Bantry Agency; hair for Gerard and Henderson: Thomas Dunkin for Bridge Artists; makeup: Valery Gherman for Art Department; manicures: Michina Koide for Chanel; set design: Juliet Jernigan for CLM.

Everything you need to know about all the good stuff you just saw



Shop Our Shoots

Four Steps to Safari Chic

You don't have to search far and wide for a ladylike uniform like the Donna Karan one modeled by Frida Gustavsson, left (and on page 236). All the ingredients are here.



1. Crisp oxford? Present! Go ahead, leave the top button undone. **Everlane** ($48, select Everlane stores)
2. Important: that basic brown nineties belt. **Old Navy** ($15, oldnavy.com)
3. Here's where the magic happens. Slip on a chiffon midi... **American Apparel** ($58, americanapparel.net)
4. ...then add a pencil skirt on top. Presto! **The Limited** ($50, thelimited.com)

Hello, Frida!

That would be Frida Gustavsson, the Swedish stunner above. Her vitals:

She speaks Japanese. Well, she *used* to.
"When I was 15, I lived in Japan. I spent most of my time modeling, but when I had time off, I would go to vintage shops in Harajuku. I learned a little Japanese, but the only word that has stuck with me is *kawaii,* which means 'cute.'"

Naturally, she wants to act.
"I just finished theater school in Stockholm, where we are putting on a version of *One Flew Over the Cuckoo's Nest.* Uma Thurman, who was a model before she crossed over into acting, is my inspiration."

She's got a thing for vinyl...records, that is.
"Ever since I was a kid, my dad has taught me about music. He has a huge record collection. I have a Crosley vinyl player too. He's given me great recommendations. My favorites are sixties rock and seventies funk, disco, and dub."

Yes, that's a real bird (and Frida's real hair).
"Shooting with Scarlet the macaw is a memory I will keep forever. All my life I've been terrified of birds, but she was lovely." Oh, and that head of curls? That's not a wig; that's the real deal, and it's spectacular.
—Alexandra Schwartz

GUSTAVSSON: **WILL DAVIDSON.** OUTFIT: **CATHY CRAWFORD.** STYLIST: SALLY PENN. SNL, FROM TOP: AL LEVINE/NBCU PHOTO BANK/GETTY IMAGES. ALAN SINGER/NBC/NBCU PHOTO BANK/GETTY IMAGES. NBC/NBCU PHOTO BANK GETTY IMAGES. 2015. PATRICK DEMARCHELIER. 1964: **JOSEPH LEOMBRUNO** AND **JACK BODI.** 1967: **WILLIAM CONNORS.** 2014: **CEDRIC BUCHET**

A Little Comic Relief

Our Favorite *SNL* Ladies' Favorite *SNL* Sketches

Before they were live from New York on Saturday night, *SNL*'s female all-stars (who reunited on page 258) were watching at home themselves. Here they tell *Glamour* which *they* fangirled over:

Amy Poehler

"Whatever cast is on *SNL* when you're 10 to 14 is the one you'll always remember. For me, that was Phil Hartman. My all-time favorite sketch is his 'Unfrozen Caveman Lawyer.'"



Maya Rudolph

"Gilda Radner's Roseanne Roseannadanna. I got some good yucks in the living room doing her as a kid."



Kate McKinnon

"I wanted to be Molly Shannon's Mary Katherine Gallagher. I still have my T-shirt with her on it."

—Megan Angelo



Fashion How-to

The New Way to Suit Up

Swimwear as daywear? *Glamour* made that a thing. A few ideas (from page 256 and our archives!) for building an outfit around your suit.



Your 2015 Inspiration

Here's how your mind works when you're *Glamour* fashion director Jillian Davison: You see a cutout bodysuit and think, Oh! Wouldn't that make a fantastic top? You add coordinating white trousers and a collar, and blow the minds of us mere mortals. Who *thinks* of that outfit, above? Beyond!

May

1954

The olive jacket over the matching olive swimsuit—so smart then *and* now. Suddenly the swimsuit looks like a minidress.





May

1967

A preppy option: Tuck a nautical tee into your bikini bottoms, and tie a cardi around your shoulders, like model Cheryl Tiegs did.

May

2014

With a laser-cut pencil skirt, Missy Rayder's striped bandeau bikini top looks on trend. (Even cuter? Her son, Luka.)



Baby, Where'd You Get That (Bronze) Body From?

A bottle, of course! Here's how to fake a tan like Kim Riekenberg's (the model in white, above, and on page 250).



1. Start With a Scrub

Exfoliate your *whole* body, including elbows, knees, and heels.

Victoria's Secret Body Prep Smoothing Scrub ($18, victoriassecret.com)



2. Next Up, the Self-tanner

Start at your ankles, and move upward—legs, stomach, then arms—for easier application.

St. Tropez Self Tan Express ($44, ulta.com)



3. Now Make It Last

Stretch out your tan twice as long with a glow-extending formula. *—Simone Kitchens*

Jergens Natural Glow Tan Extender ($9, at drugstores)

continued on next page

Beauty Muse

French-Girl Beauty Secrets? *Oui!*

Do tell, Constance Jablonski.



It's cooler and sexier if your look is a bit messy, like you've been out partying," says Constance Jablonski, the French star of our minimalist-makeup story (page 270). In short: "Avoid perfection." Go on, Constance; we like your style.

Master the Evening Eye

"I'm more of an eye girl than a lip girl. Eyeliner gives you a lot of definition—perfect for a dressy event. You can do a little wing with black liner. I put a touch on the inner corners of my eyes and then go darker at the outer edges. It gives you more of an almond shape."

Always. Be. Moisturizing.

"I have very dry skin, so I abuse moisturizer. At night I use Estée Lauder Nutritious Vita-Mineral Moisture Cream ($60, esteelauder.com), and Vaseline on my lips before I go to bed—always."

Get a Little Glow

"I have three rules for getting a natural flush: Drink a lot of water, try to get good sleep, and don't eat too much sugar—it's the worst for skin!" *—S.K.*

Perfect Skin in an Instant



"The Courrèges highlighter ball is great for a quick fix."

Courrèges Estée Lauder Iridescent Ball Highlighter ($26, esteelauder.com)

Her Downtime

Dinner Is Served

British supermodel Jourdan Dunn knows her way around the kitchen. Take it away, Chef.

Jourdan Dunn, who models the bold spring looks on page 244, was once a mini sous-chef: "As a kid, I loved watching my mum and grandma throw together different Caribbean spices to make a family meal," she says. It stuck: Today Dunn has her own cooking show, *Well Dunn,* on YouTube. Her signature? This Thai steak salad. "It's funny; some people find it rare that a model can cook," she says. "But for me, it's a life skill. I think everyone should know how to cook." *—Brittany Adams*

Thai Steak Salad

1. Make dressing: In a blender, combine 1 stalk lemongrass, a few cilantro stems, 2 garlic cloves, 1 shallot, a 2-inch piece peeled ginger, 1 tsp. sugar, 1 tbsp. fish sauce, 1 tbsp. soy sauce, 1 tbsp. sesame oil, and 1 tsp. water. Reserve half of the dressing; pour the other half over 1 sirloin steak, and let it marinate for 30 minutes.
2. Grill steak on a grill pan 2 to 4 minutes per side, depending on thickness, for medium. Slice.
3. Toss together a handful of baby spinach and baby gem lettuce, cucumbers, tomatoes, mint and cilantro leaves, and a few slices of green onion and red chili. Top with steak. Add 1 tbsp. olive oil and 1 tbsp. lime juice to remaining dressing. Drizzle over salad. Serves one.



"This salad is quick, healthy, and packed with great Thai flavors," says Dunn.



Shop Our Shoots

Next Stop, Purse Envy

The printed bag is spring's new go-with-anything carryall (for proof, see page 264). Want options in all patterns, at all prices? Voilà!

Like a Mondrian Painting



Glamourpuss NYC ($220, glamourpussnyc.com)

So Blooming Cute



Guess ($88, macys.com)

2-D Jewels



Cynthia Rowley ($135, similar styles at cynthiarowley.com)

JABLONSKI: **LIZ COLLINS.** PURSES: **CATHY CRAWFORD;** STYLIST: SALLY PENN. DUNN: COURTESY OF JAY Z'S LIFE+TIMES. FIFTY SHADES: **STEVEN PAN.** HENDERSON: KEN MCKAY/THAMES/REX/REX USA

The Dynamic Duo

Jamie and Dakota Get Personal



The *Fifty Shades* duo talk beards and bangs, turn-ons and turnoffs, and the leader of the free world. By Genevieve Field

On Their Looks

DAKOTA JOHNSON: "In every photograph of me as a child, I look just like a bald alien. I thought my hair looked good in a slicked-back ponytail, and I have a massive forehead. I grew out of that phase, and I learned about bangs!"

JAMIE DORNAN: "From when I was 12 to when I was 27, I looked aggressively young for my age. I hated it. I think that's why I love having a beard—it's some kind of proof that you're a man."

On Their Families

JOHNSON: "My mom [Melanie Griffith] doesn't have a filter. President Obama came to her house for a fund-raiser once. Before he could say hi to me, my mom goes, 'Oh, Mr. President, she's an actress.' I was like, 'Mom, shut up.' And he was like, 'Oh, really? What have you been in?' I said, 'Ah…nothing.' And then my mom was like, 'Have you seen *The Social Network*?' And I was like, '*Mom*.' And he was like, 'Yes. What part were you?' And my mom goes, 'The scene where Justin Timberlake wakes up next to the girl!' Oh God, Jesus, Mary, and Joseph, help. And he goes, 'Oh, that's right, you were wearing short shorts.' And my mom's just like, 'Ha-ha!'"

DORNAN: "In my first phase of kissing girls, my two sisters told me, 'If you want to kiss a girl, you should ask rather than dive in as if it's your last meal.' Which had probably been my approach until that chat."

On Their Turn-ons

DORNAN: "I've got a thing for great hands. My wife [Amelia Warner] has my favorite hands in the world. Being from Northern Ireland, I'm programmed to enjoy stories, so I find it sexy if a woman can tell a funny story. And I've always found talking to someone who's achieved something that I couldn't attractive."

JOHNSON: "Like Jamie, I like good hands. Manly hands. I grew up in Colorado, and there are manly men there, so manliness is attractive to me. I think it's unsexy when a man chews with his mouth open or when a man is rude or wears fedoras. I *hate* fedoras. Oh God, I can find more things I hate about men than I like. I think it's just a phase!"

On Their Futures

JOHNSON: "I play a total sociopath in *A Bigger Splash*. Well, maybe she's just a young girl making mistakes. And I'm going to be moving soon. I've outgrown L.A. for now."

DORNAN: "I'm filming *The 9th Life of Louis Drax*. And, you know, my wife and I want more babies."

Celebrity Backstory

Before They Were in *Glamour*...

Everyone has to start somewhere (even Brad Pitt had that eighties Pringles commercial). Here's where the four fresh faces profiled on page 278 cut *their* teeth.



Placing sixth on *The X Factor UK*, above, put singer **Ella Henderson** on the map in 2012. A year later she posted a cover of Drake's "Hold On, We're Going Home" to YouTube, and it won her the respect of her current producer, One Republic front man Ryan Tedder. "He sent a couple of emails full of swear words of excitement," she recalls.

Actress **Nathalie Emmanuel**'s first gig was in a British Airways commercial. "I was five years old and had to hold a stuffed-animal dog and pretend to be asleep," she said. "I kept opening my eyes before the director called 'cut.'"

Before graduating from Oxford School of Drama a year ago, **Sophie Cookson** landed her first gig, on the Sky TV miniseries *Moonfleet*. "To have this opportunity—and so soon on!—had me bursting with excitement," she says.

Actress **Caitlin Gerard** took the big screen by storm in 2009 as, uh, the hot blond in one of those ads for AMC Theatres that airs *before* the movie. "We filmed it in front of a green screen," she says. "I had no idea what it was going to look like until I saw it when I went to the movies." —*Kate Branch*

by Tracy Allen, astrologer

In March, Go Bold

Fasten your seat belts: Rebellious Uranus and transformational Pluto have been at odds for the past few years, and on the 16th they're clashing for the last time (well, until 2046). Since you'll be feeling that tension all month, power through by embracing change. Whether you repaint your bedroom or switch careers, give yourself props for trying something different. That takes guts!



Happy Birthday, Olivia Wilde!
March 10

PISCES

Feb. 19–Mar. 20

A solar eclipse in Pisces on the 20th is a wake-up call: You've been sending some murky signals lately; now's your chance to clear things up. Get yourself out of the friend zone. Plan your career track with a mentor. Way better than spring-cleaning.

ARIES

Mar. 21–Apr. 19

With Mars and Jupiter in your pleasure angle on the 10th, it's time to have some fun! But be warned: You may want to stay out all night, but friction in your career angle reminds you to show up to work with a fresh face (and clock out *after* your boss).

TAURUS

Apr. 20–May 20

Time to figure out what you want, because when magnetic Venus hits Taurus on the 17th, your charisma will be off the charts. Negotiate that raise (*finally*), or ask out the Benedict Cumberbatch look-alike you've been eyeing in Spin class. You'll have a date that Friday—it's elementary.

GEMINI

May 21–June 20

You Gems love to have a partner in crime, and thanks to expansive Jupiter hooking up with planets in your network sector early in the month, it's a great time to meet new people. Just rock on with your chatty self and watch new friendships bloom.

CANCER

June 21–July 22

A solar eclipse kicks your exploration house into overdrive on the 20th, a signal it's time to stop playing it safe. Go to a party where you don't know anyone. Take a surfing lesson. Share your songwriting skills on Facebook. "Whoa, I did that!" moments don't happen in your comfort zone.

LEO

July 23–Aug. 22

In the first half of the month, growth-oriented Jupiter in Leo syncs with planets in your education house, a sign you need to acquire new skills if you want to hit the next level. Learn to build a mobile app or run a webinar—whatever will make you golden in your industry. And don't be scared to show off what you know!

VIRGO

Aug. 23–Sept. 22

On the 5th the temperamental full moon lights up Virgo and fights with practically every other planet, forcing you to ride the waves of some pretty vicious mood swings. Don't count on a ton of outside support; this situation calls for a little self-love. When was the last time you played hooky and went to a matinee, or upgraded to the special massage pedicure?

LIBRA

Sept. 23–Oct. 22

Venus visits your intimacy house in March and bumps into planets ruling maturity, healing, expectations, and trust; this is a cosmic nudge to move past any old beef that might be holding you back in love. So you met your despicable ex on Tinder—don't let that ruin all dating apps for you! In it for the long haul? Sit down and actually *talk* about the thing your guy said that rubbed you the wrong way. Then make like Elsa and let it go.

SCORPIO

Oct. 23–Nov. 21

Just-do-it Mars is in your productivity sector all month, so challenge yourself at the office. Your efforts are extra likely to get noticed on the 10th, when Mars vibes with advantageous Jupiter in your career angle. Be prepared, and no matter the weather forecast, break out that dress your boss always compliments you on.

SAGITTARIUS

Nov. 22–Dec. 21

When no-limits Jupiter in your perspective house meets Uranus in your love zone on the 3rd, that's your cue to get creative relationshipwise. Do something a little out-there with your partner, like a local bar crawl. If you're single? Easy: Go out with someone you'd normally pass over. Love isn't meant to be predictable.

CAPRICORN

Dec. 22–Jan. 19

Take heed, ambitious Caps: With half the planets taking turns in your domestic angle, and serious Saturn going retrograde in your solitude sector, you are under strict orders to chill out this month. Stock up on floor pillows and arrange a meditation corner, catch up on *Game of Thrones,* or just get some damn sleep!

AQUARIUS

Jan. 20–Feb. 18

When hopeful Jupiter in your relationship angle clicks with insightful Uranus and desirous Venus in your communication sector on the 3rd and 4th, work on spelling out what you want from everyone in your life—they'll follow through. Tell your parents you need them to visit more this year, or divvy up the chores more equitably with your significant other. Take note: Drunken heart-to-hearts are great and all, but this is a conversation best served dry.

Get your daily forecast at **glamour.com/horoscopes** and check out a new video series with astrologer Susan Miller.

WILDE: KEVIN WINTER/GETTY IMAGES

The Get-It Guide

All the info you need to buy the stuff you love in this month's issue

Cover

Cover 1: Dress, $2,495, michael kors.com for stores. Rings, from top: Spinelli Kilcollin linked rings, $3,400, Barneys New York. Inez and Vinoodh bands, $315 each, ring, $6,230, prettymuchevery thing.com. T-shirt, $80, Alexander Wang, NYC. **Cover 2:** Dress, $2,295, Saks Fifth Avenue; donna karan.com. Eva Fehren ring, $5,720, Barneys New York. **Cover 3:** Top, $4,990, net-a-porter.com for similar; skirt, $690, Barneys New York. Left hand, from top: Spinelli Kilcollin linked rings, $3,400, Barneys New York. Inez and Vinoodh black bands, $315 each, ring, $6,230, prettymuch everything.com. Right hand: Inez and Vinoodh ring, $695, pretty mucheverything.com. Jeans, $169, levi.com. Belt, $145, will leathergoods.com.

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Corrections

To clarify, in February 2015's Glamour Living, on page 128, the restaurant name is The Heyward. The designer of the white handbag in "A Fresh Coat," on page 141, is Mark Cross.

All prices are approximate.

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The Dos & Don'ts of Thinking Pink

Quick, everyone into spring's most cotton candy color! Just read this first.



Pink ballet dresses—so cute on little girls, so...little-girlish on grown women. Don't.

Hey, this one isn't pink's fault! The shine and the OMG bareness are, alas, a Don't in any color.

make it a Do

Picking pink? You'll need to dilute its sweetness. Wear it with: something studded; sneaks; graphic black-and-white (Solange Knowles, above, nails it); a smoky eye (like Reese Witherspoon, left); even some ink, like Rihanna, if you've got it. Presto—totally cool.

HANNELI MUSTAPARTA: SANDRA SEMBURG/BLAUBLUT EDITION/TRUNK ARCHIVE. PINK BLAZER: ASHKA SHEN/BLAUBLUT EDITION/TRUNK ARCHIVE. RIHANNA: RABBANI AND SOLIMENE PHOTOGRAPHY/WIREIMAGE. BAG AND SNEAKS: ADAM KATZ SINDING/BLAUBLUT EDITION/TRUNK ARCHIVE. CAPE: CAROLA DE ARMAS/BLAUBLUT EDITION/TRUNK ARCHIVE. JACKET: STOCKHOLMSTREETSTYLE/BLAUBLUT EDITION/TRUNK ARCHIVE. KNOWLES: JERRITT CLARK/WIREIMAGE. BALLET-STYLE DON'T: REX/REX USA. FURRY CUFFS DON'T: CANNGUYEN/REX/REX USA. WITHERSPOON: JASON LAVERIS/FILMMAGIC

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